

## +Your rights, and how to access them

### An introduction to self and peer advocacy

for disabled people and their families,

CAB, Women's Refuge, Work & Income advocates etc.

We have more rights to quality support services, benefits and inclusion than ever before. Yet to put these into effect people need to

- know their rights
- confidently speak up so their views are heard and taken seriously.

This three session course is interactive, with participants working in pairs and small groups. In the afternoons, new learning and skills are applied, using scenarios based on issues commonly facing participants.

#### Topics:

##### Self-advocacy

- Information on rights and complaints processes
- Assertion: confidently communicating with people in positions of power
- Recognising stressors and emotional needs: self-care and support
- Planning: setting goals, choosing strategies and preparing for meetings
- Keeping records

##### Peer-advocacy (disabled people/families supporting one another)

An empowerment model of peer advocacy

- The importance of confidentiality and mandate
- Accepting others perspectives (cultural safety)
- Supporting others to make informed choices
- Communication skills
  - Cultural difference in communication styles
  - Listening skills
- Supporting people's emotional needs



#### 2018 Gisborne dates

Participants attend all 3 sessions:

9.30 am - 2.30 pm

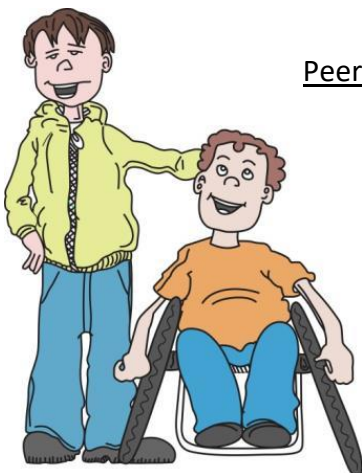
1. Tues 12 June
2. Tues 19 June
3. Tues 26 June

**Venue:** Sport Gisborne  
74 Grey St, Gisborne.

Lunch and handbook provided.

#### **Cost:**

- Free for disabled people and families (funded by Te Pou).
- All others: \$175 (incl. GST) for all 3 days (includes lunches and handbook).



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for disabled people and their families**



This training was developed and is facilitated by

**Ruth Gerzon, of Inclusion Aotearoa** M. Phil; Dip Soc Wk; Dip Tchg.

*I have worked in the disability sector and as an advocate in many settings for over 30 years . I am passionate about promoting the voices and rights of people who are marginalised, and exploring community building approaches to social inclusion.*

*I have produced many resources, both personal stories by disabled people and families and video clips on rights.*

*Inclusion Aotearoa supported the Ministry of Health (2010-14) in the Bay of Plenty demonstration project that preceded Enabling Good Lives.*

*For details see: [www.inclusionaotearoa.com](http://www.inclusionaotearoa.com)*

Enrolment form: <b>Advocacy Toolkits Introductory Course</b> , Gisborne 2018		
9.30 – 2.30 on Tuesdays 12,19 and 26 June		
<b>Enrolments due 5 June.</b> Places limited. Early enrolment will ensure you a place.		
<b>Name</b>		
<b>Address</b>		
<b>Phone(s)</b>	<b>email</b>	
<b>NB.</b> Te Pou funding enables disabled people receiving MoH funding, and/or their parents/whanau to attend without charge.		
		Costs incl. GST
I have a disability or am family/whanau of someone with a disability eligible for Ministry of Health funding (i.e. not ACC funded)	Yes or no	nil
All other participants		\$ 175
Please note any dietary requirements or support needs:		
<b>Enrolment Forms:</b>		<b>Payment (if needed)</b>
<b>Email</b> this form to Ruth Gerzon, <a href="mailto:ruthgerzon@gmail.com">ruthgerzon@gmail.com</a>		Internet to bank account 38-9000-0876089-03 ( R B GERZON) Please put name and <b>Adv</b> in the reference.
<b>Post</b> the form to Ruth Gerzon, P O Box 3017, Ohope 3121		Post the form and a cheque to Ruth Gerzon, P O Box 3017, Ohope 3121
<b>Any questions?</b> Ph Ruth on 027 4308 149 or email <a href="mailto:ruthgerzon@gmail.com">ruthgerzon@gmail.com</a>		