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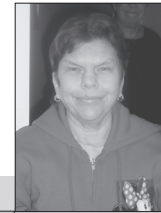
people  
with DISABILITIES  
**SPEAKING UP**  
for ourselves



**Call for training and information on**

- Self-Advocacy
- Self-Determination
- Medicaid Service Coordination
- AmeriCorps – Disability Awareness
- Speakers Bureau – Creating Inclusive Communities

*find out what we have to offer!*



**who we are**

SANYS is a not-for-profit, grassroots organization run by and for people with developmental disabilities.

Our goal is to help create a person-centered and person-directed system of supports.

To further this goal, the SANYS executive board supports self-advocates and self-advocacy groups regionally and statewide. SANYS encourages them to speak up for themselves individually and collectively.

**vision statement**

SANYS is a strong voice by and for people with developmental disabilities. SANYS promotes independence, empowerment, leading by example, communicating, networking and encouraging each other.

**visit us at  
[www.sanys.org](http://www.sanys.org)**





# get connected

**A self-advocacy group is a place to:**

- find out more about the rights of people with disabilities
- learn how to advocate for yourself and others
- discover how to make changes in your home and workplace
- develop leadership and public speaking skills
- hear about upcoming events like conferences and regional meetings
- develop friendships
- utilize the resources of the Association
- learn useful information from each other
- get support from others



# what we do

■ SANYS helps to start local Self-Advocacy groups, re-energize existing groups, and share information on local and national Self-Advocacy issues. We can also help you find and join a local Self-Advocacy group.

■ SA AmeriCorps members provide free presentations, titled "Our Experience is the Best Teacher," to peers, communities, and staff, in which they share personal experiences of life in their community.

■ Speakers Bureau members offer presentations about the importance of everyone participating in their communities. Members speak to community groups, schools, faith organizations, and agency boards of directors.

■ We provide training and support for Self-Determination. Discover a new way to create the life you want, buying the services you want - and about how your Circle of Support can help you get there.



# get involved

**Join** a self-advocacy group

**Call us** to get on our mailing-list for regional and statewide newsletters

**Attend** our regional and statewide conferences, regional meetings and social events

**Volunteer** your time on various regional projects

**Invite us** to speak to your group or class

**Learn** about SA/AmeriCorps and Speakers Bureau projects

**Speak-up** for yourself and others

**Participate in** boards and committees so your voice can be heard

**Educate** others about your abilities and support needs

**Watch for** special events and evening workshops

**Become a member of Self-Advocacy. Call our statewide office**

