



## **Executive Director's Message**

**December 2023**



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Happiest Holiday Wishes from all of us at ADDPC!

We often hear the saying, "The only constant is change". While that may be true, we could all be forgiven for feeling, from time to time, that in the world of services, supports, inclusion, and opportunity for individuals with intellectual or developmental disabilities, change is agonizingly slow.

That is in part why the Arizona Developmental Disabilities Planning Council, along with its counterparts across the U.S. and U.S. territories, exists: To understand where change is needed to assist individuals with I/DD and to advocate forcefully and persuasively for such change. We do this through public policy advocacy, collaboration with an array of agencies and organizations around the state, and funding of research projects and outreach programs that touch members of the I/DD community wherever they may live.


[Read more](#)

# A new VIRTUAL program focused on timely issues presented by disability activists & self-advocates!



## Amplifying Voices of Disability

Virtual Day of Learning



The Institute for Human Development (IHD) at Northern Arizona University Presents Amplifying Voices of Disability – Virtual Day of Learning on February 22, 2024, from 9: AM to 4:45 PM.

### Of-the-moment disability topics

- Person-first vs. identity-first language
- How to embrace disability as a culture
- Best-practice do’s and don’ts when meeting persons with disabilities
- How to be an effective ally and advocate
- The internal process of change when one fully embraces their disability identity

\$79 (Early Bird) / \$99 (after 2/1/24)

[Register Here](#)

## Check Out the Great Work Our Grantees Are Doing with Council Funding

Highlighting Partnerships - Arizona Achieve



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Arizona Achieve, a statewide cross-disability coalition dedicated to promoting self-advocacy, proudly announces its partnership with the Arizona Developmental Disabilities Planning Council (ADDPC). This partnership is made possible by crucial funding to support self-advocacy within the disability community.

Self-advocacy means speaking up for yourself and others, especially on issues that matter to the disability community.

Founded by The Arc of Tempe, Arizona Achieve guides individuals with disabilities in their self-advocacy journey, helping each person find their voice, share their story, and advocate for change. This collaboration between Arizona Achieve and ADDPC signifies a commitment to empowering self-advocacy on a statewide scale.

[Read more](#)

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## Jason's Advocacy Corner



Jason Snead is a self-advocate and staff member with the Arizona Developmental Disabilities Planning Council who has cerebral palsy (CP) and is a wheelchair user.

If you have any ideas for the next conversation or discussion, please contact Jason Snead at [jsnead@azdes.gov](mailto:jsnead@azdes.gov)

# Jason's Advocacy Corner: Conversation with Ryan Barry, Project Director for Arizona Active



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**This month for Jason's Advocacy Corner:**

Jason and Ryan Barry of Arizona Achieve talk about ways Arizona Achieve plans to grow the self-advocate movement in Arizona. The duo also share some personal insights on the best way to move forward.

Ryan Barry is the Project Director for Arizona Achieve. Ryan is an Arizona native and a graduate of Arizona State University with a BA in Political Science. Diagnosed with spastic diplegia at the age of nine, Ryan's disability and fervent passion for political advocacy have deeply influenced his career and life purpose.

If you want to get in touch with Ryan about Arizona Achieve, feel free to contact him at [ryan@tempearc.org](mailto:ryan@tempearc.org)

[Learn More](#)

## Cool Opportunities and Resources

### Call for Artists and Artwork

NACDD is searching for artwork for our 2024 Developmental Disabilities Awareness Month Campaign!

Our theme for 2024 is "A World of Opportunities".

If you would like to submit artwork, please email [rolon-muniz@nacdd.org](mailto:rolon-muniz@nacdd.org)

**Deadline for Submission: Wed, January 10**



**Are you an artist with an intellectual or developmental disability? Would you like your artwork to compete for national recognition?**

Each March, the National Association of Councils on Developmental Disabilities ([NACDD](#)), and our partners, work together to create a social media campaign that highlights the many ways in which people with and without disabilities come together to form strong, diverse communities.

The campaign, known as Developmental Disabilities Awareness Month, seeks to raise awareness about the inclusion of people with developmental disabilities in all facets of community life, as well as awareness of the barriers that people with disabilities still sometimes face in connecting to the communities in which they live.

If you would like to submit your artwork to be considered for the 2024 DD Awareness Month campaign, please e-mail Rafa Rolon-Muniz at [rolon-muniz@nacdd.org](mailto:rolon-muniz@nacdd.org).



**Are you a person with a disability?**

**If so, we need your help to train future professionals!**

**You are invited** to help train students from the University of Arizona Colleges of Medicine, Nursing, Pharmacy, and Public Health.

If you choose to help, you will meet with these health science students and help them understand how to take better care of people with disabilities.

If you are interested, you will be invited to a 30-minute Zoom meeting to learn more about your role.

***The meeting with the students will take place virtually (on Zoom) on February 9th.***

On the day of the event, you can expect to be on the computer for about 2.5 hours.

To learn more about this opportunity, please contact Savannah Crowley by phone at 714-321-0699 or by email at:

[savannahcrowley@arizona.edu](mailto:savannahcrowley@arizona.edu)



### **Free Decision-Making Resources – Download Now!**

People with intellectual and developmental disabilities must make many daily and major life decisions, just like people without disabilities.

This can include decisions about buying things they need, managing a budget, and talking with doctors about their health care.

There are many ways people with I/DD make decisions, both on their own and with support. But a person's ability to make decisions can change throughout their life.

It is important to [have a plan for how decisions are made](#) and to update this plan regularly.

This way, everyone can make the decisions they want.

The Arc's [Center for Future Planning](#) has created free resources to help.

**Questions?** Email us at [futureplanning@thearc.org](mailto:futureplanning@thearc.org).

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## **Upcoming events**



## FREE IN-PERSON TRAINING WORKSHOP ON SUPPORTED DECISION-MAKING

Ready to amplify voices and foster inclusion? Discover the power of Supported Decision-Making by joining us during our next in-person training on January 12th from 1 pm-3 pm!

### What is Supported Decision-Making?

It's about honoring choices! It's a collaborative approach where individuals are supported to make decisions about their lives with the help of trusted friends, family, and allies.

### Why Choose Supported Decision-Making?

Supported Decision-Making empowers individuals to make choices that shape their lives. It fosters independence, dignity, and self-determination. It encourages inclusivity and diversity in decision-making processes.

Friday, January 12, 2024 - 1:00 pm to 3:00 pm.

[More Information](#)



## Know Your Representatives

Join Arizona Achieve in January for an impactful Self-Advocacy Training session! This hybrid event will equip you with essential skills to identify and connect with your local representatives, enabling you to effectively amplify your voice on critical issues. Whether you join us in person or virtually, this session promises valuable insights and strategies to make a tangible difference in your community. Don't miss out on this opportunity to elevate your advocacy skills and be a catalyst for positive change!

**When:** Thursday, January 4th

**Time:** 1 to 3 PM

**Where:** Hybrid

In-Person: Pinal County Arc, 316 W Alder Rd, Kearny AZ 85137

Virtual: On Zoom

**Register** here on Eventbrite or by emailing The Arc of Tempe at [info@tempearc.org](mailto:info@tempearc.org)

[More Information](#)

[More events](#)



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