

SELF-ADVOCACY GUIDE

FOLLOW ME,
WE'VE GOT
THIS!



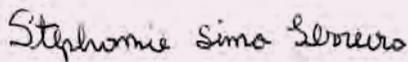
WRITE IT DOWN:

The guide is an accessible and fun booklet to talk about what self-advocacy is. This guide is very important for people with intellectual disabilities to know about their rights.

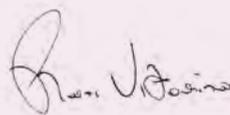
We've learned to defend our rights and this was transformative. Today, we share that knowledge with other people with intellectual disabilities.

We are sure that you will identify with the characters Lucas and Ana Júlia. More than that, you will be inspired to know and be part of the self-advocacy movement.

Enjoy the reading!



Stephanie Lima Ferreira
Advocacy Assistant



Ronie Vitorino
Advocacy Assistant

**Tell us what you thought of the guide by visiting our
blog unidospelacausa.blog.br.**

SELF-ADVOCACY GUIDE

FOLLOW ME, WE'VE GOT THIS!

Self-advocacy aims to strengthen the independence and autonomy of people with intellectual disabilities.

Look where it started... The self-advocacy movement for people with intellectual disabilities began in Sweden in the 1960s. On this occasion, a group of people with intellectual disabilities received support in the initiative to organize and lead their own leisure groups.

Between 1968 and 1970, meetings were held with the aim of writing statements that had proposals from the very people with intellectual disabilities regarding the type of treatment they would like to receive and how they would like to see their ideas and wills respected.

The recognition that people with intellectual disabilities were able to organize and decide on their lives has been strengthening and, in a short time, it spread across other countries.

Since 2011, the Instituto Jô Clemente has relied on self-advocacy, promoting internal and external spaces for participation in such a way that people with intellectual disabilities are protagonists. There has been years for learning a lot, changing routes, exploring new places, always with the aim of providing people with intellectual disabilities, the so-called self-advocates, the place of protagonism.

The purpose of this guide is to contribute to the information and importance of the movement of self-advocates. It intends to show, in an accessible way, how much people with intellectual disabilities are able to express their ideas, wills, criticisms, skills, and to exercise self-advocacy and guarantee their rights in practice.

Did you like that idea? So, let's do this together?

Mônica Neves Rocha Arten



HELLO, LUCAS! LET'S MEET THE GROUP OF SELF-ADVOCATES, SHALL WE?

HI, ANA JÚLIA! I'VE BEEN THINKING A LOT ABOUT YOUR INVITATION, BUT I'M WONDERING: WHAT IS SELF-ADVOCACY?



SELF-ADVOCACY IS WHEN THE PERSON WITH INTELLECTUAL DISABILITIES LEARNS ABOUT THEIR RIGHTS AND HOW TO DEFEND THOSE RIGHTS.



TO DEFEND THEIR RIGHTS?! AND DO WE HAVE RIGHTS?! WHAT ARE THEY?





GETTING MARRIED



PRACTICING SPORTS

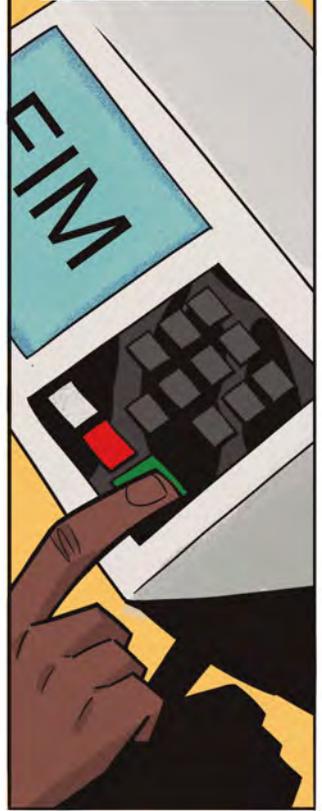


ATTENDING THE SCHOOL

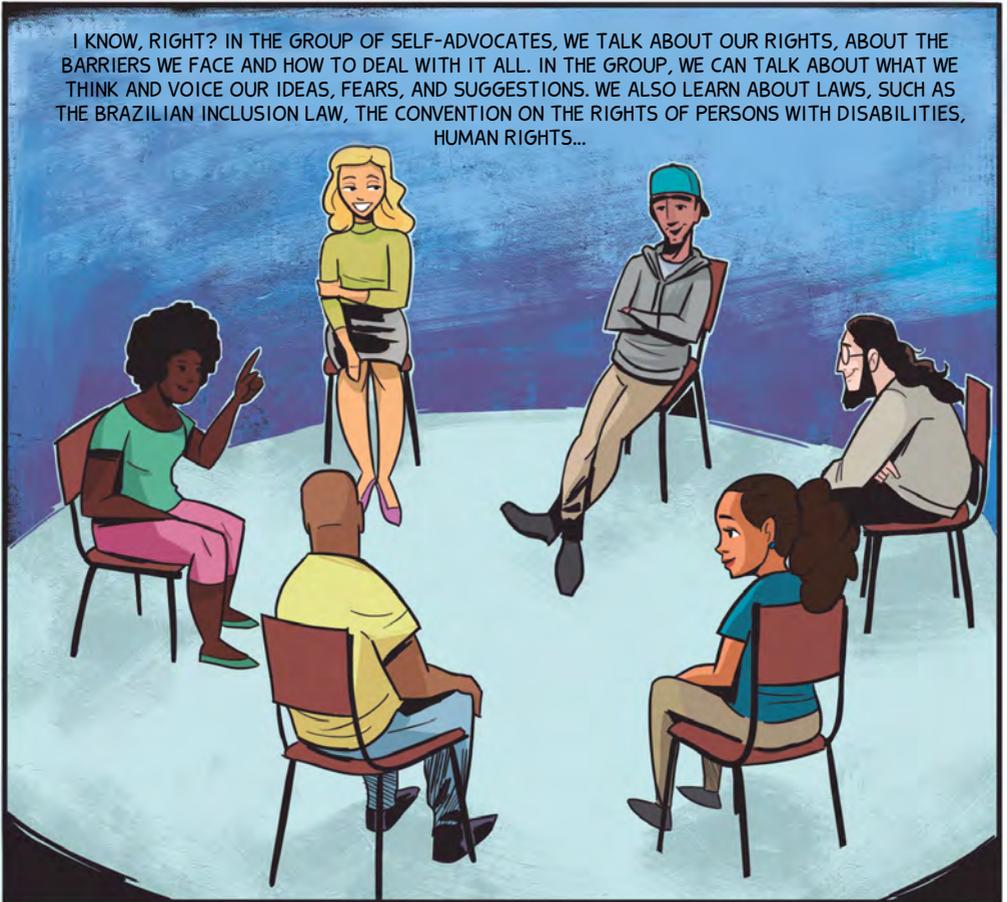
FAMILY AND
COMMUNITY RELATIONS



VOTING



WORKING





INSTEAD OF SAYING: 'LET'S REGISTER IT ON PAPER...' SAY: 'WRITE IT DOWN.'



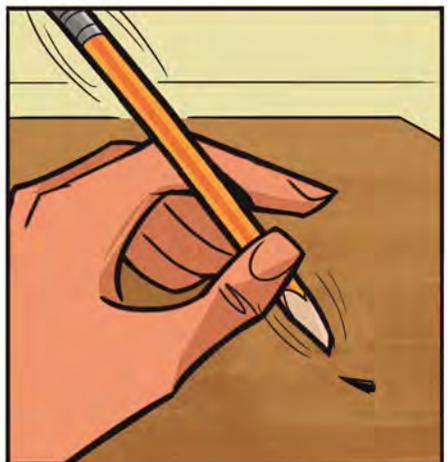
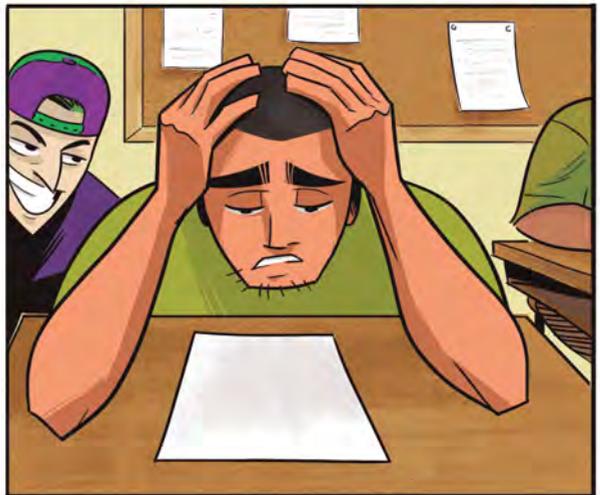
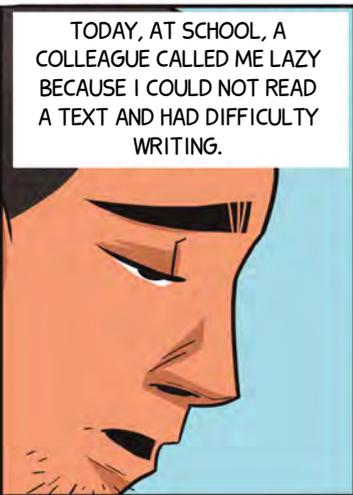
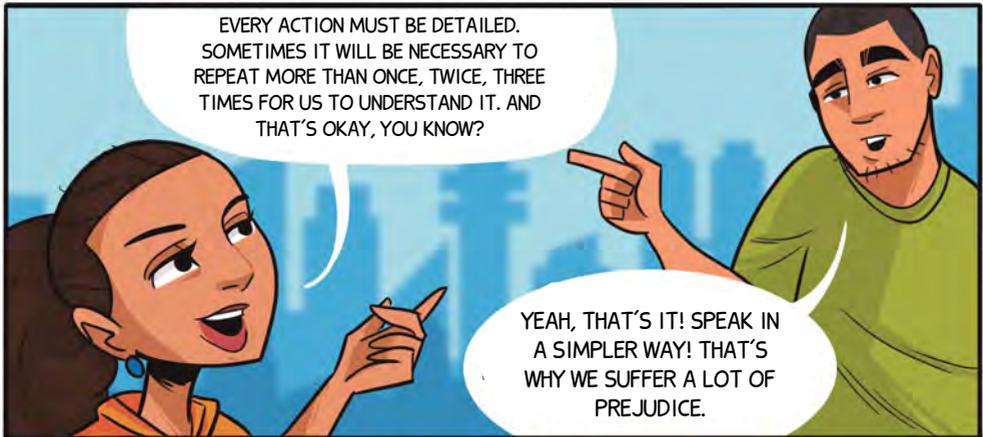
WHEN SOMEONE SAYS: 'GO UP TO THAT STREET...' SAY: 'GO OVER THERE.'



WHEN I SAY: 'LUCAS WILL INSERT AN IMAGE IN THE SOCIAL NETWORK...' IT WOULD BE EASIER TO SAY: 'LUCAS WILL POST THE IMAGE ON HIS INSTAGRAM.'

DO YOU UNDERSTAND?







THERE ARE
OTHER FORMS OF
DISCRIMINATION.





IN THAT CASE,
WOULDN'T IT BE NICE
TO HAVE SOMEONE
SUPPORTING US?



OF COURSE IT
WOULD!



IT MUST BE
SOMEONE WE
TRUST AND
CHOSEN BY US.



THAT PERSON WILL
SUPPORT US IN SOME
SITUATIONS, SUCH AS:

MANAGING MONEY



REMINING US OF APPOINTMENT DATES, TIMES



USING TECHNOLOGICAL DEVICES AND SOCIAL NETWORKS.



WRITING DOWN
INFORMATION



USING THE ELECTRONIC
TRANSIT CARD



TAKING
THE BUS.





I KNOW THAT. THERE'S A LOT OF PEOPLE WHO TREAT US LIKE KIDS, RIGHT?



AND THEY STILL THINK WE'RE NOT CAPABLE OF ANYTHING!



COME ON! I HAD A HARD TIME REMEMBERING THE MEETINGS, MY SCHOOL ACTIVITIES...



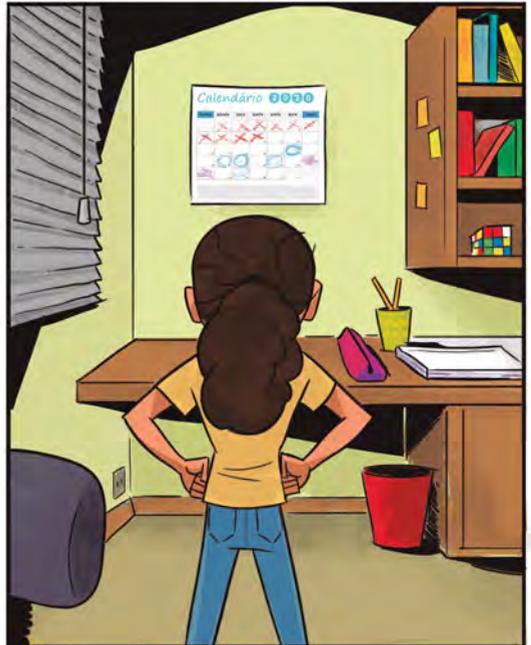
MY MEDICAL APPOINTMENTS. I'D ALWAYS FORGOT THEM! SOMETIMES I'D MISS AN APPOINTMENT, FOR EXAMPLE.



THEN THE SUPPORT PERSON CREATED A CALENDAR WITH ME WITH ALL MY COMMITMENTS.



I STUCK IT TO THE WALL IN MY BEDROOM AND IT WAS A LOT EASIER FOR ME TO REMEMBER THEM.





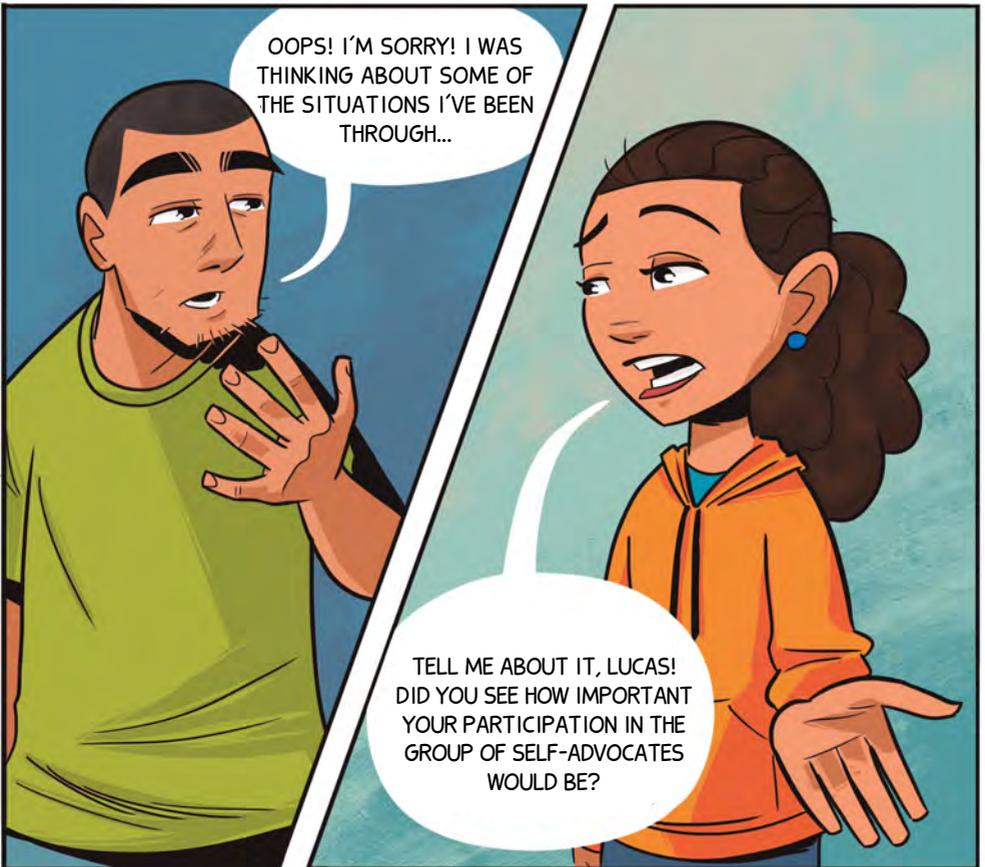
THE PERSON WHO SUPPORTS US HAS TO THINK ABOUT ACTIVITIES THAT MAKE IT EASIER FOR US TO UNDERSTAND WHAT THEY ARE TALKING ABOUT.



EACH PERSON WITH INTELLECTUAL DISABILITIES HAS A PARTICULAR WAY OF UNDERSTANDING THINGS. SOME NEED IMAGES. OTHERS WILL NEED A MORE ADAPTED MATERIAL.



THE FAMILY PLAYS A VERY IMPORTANT ROLE IN THIS MATTER. FAMILY MEMBERS MUST BELIEVE IN OUR POTENTIAL AND ENCOURAGE OUR INDEPENDENCE AND AUTONOMY.





YEAH! AND I WANNA PARTICIPATE IN IT! I WANNA GO TO OTHER PLACES AND TALK ABOUT INTELLECTUAL DISABILITY AS WELL.



THAT'S RIGHT! I'VE PARTICIPATED IN RIGHTS COUNCILS... WHERE THE PERSON WITH INTELLECTUAL DISABILITIES HAS NEVER BEEN.



SEE HOW SELF-ADVOCACY STRENGTHENS US... TODAY, I SPEAK OF THE RIGHTS OF PEOPLE WITH DISABILITIES WITH OTHER YOUNG PEOPLE WHO DO NOT HAVE DISABILITIES.



YOU
ROCK!



AND HOW CAN WE
PARTICIPATE IN PLACES
OTHER THAN OUR
HOME, SCHOOL, OR THE
ORGANIZATION
WE ATTEND?



WELL, FIRST OF ALL, YOU NEED TO KNOW THAT
WE HAVE THE RIGHT TO BE WHEREVER WE WANT
TO BE. WHEN YOU RECEIVE SOME
INVITATION TO PARTICIPATE
IN LECTURES, CONVERSATION
CIRCLES, AND MEETINGS,
JUST GO AND ENJOY IT!

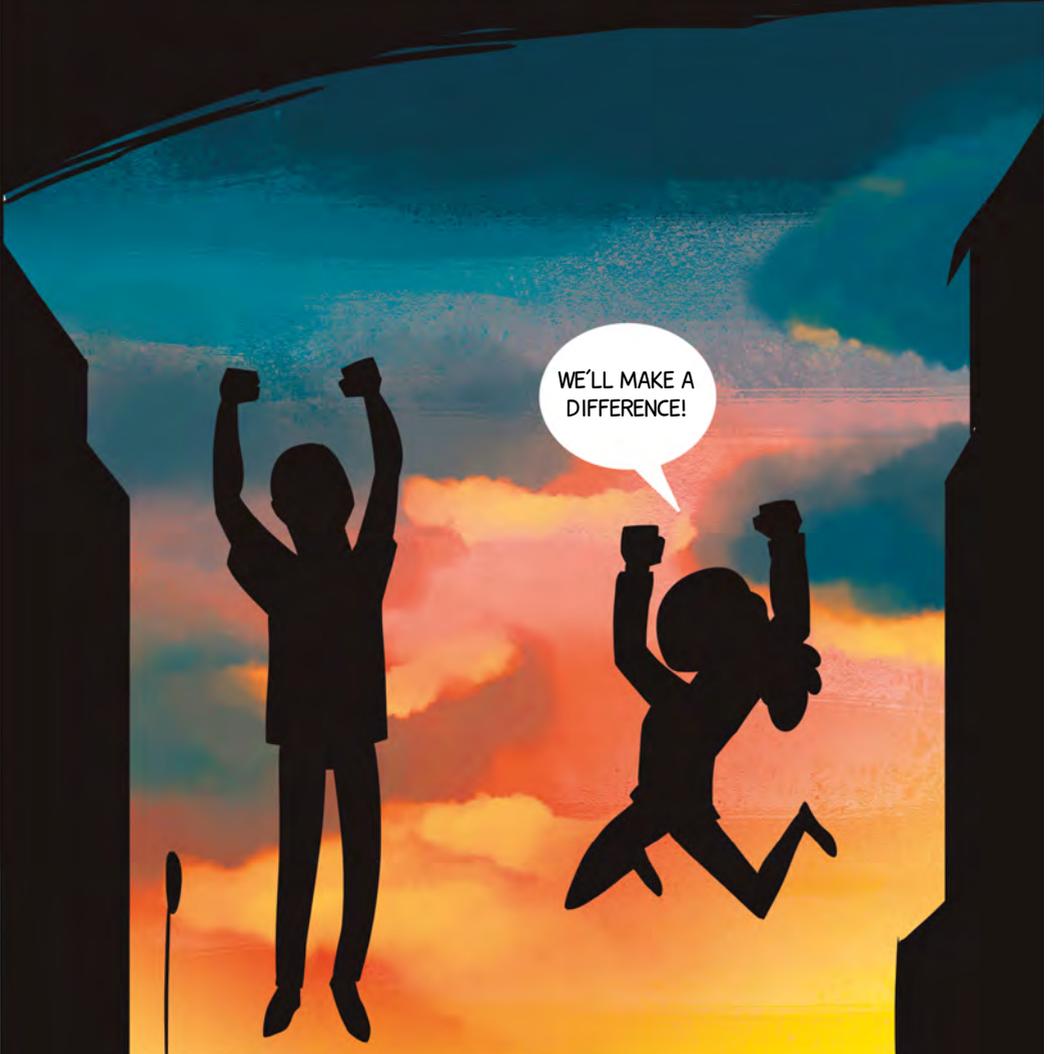


LET'S TALK ABOUT OUR
LIVES, DESIRES, DREAMS,
AND, OF COURSE, WHAT
WE ARE CAPABLE OF.



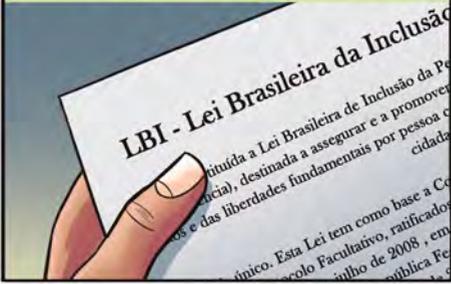
I'VE GOT IT... I'M IN AND I'M
EXCITED! LET'S DEFEND THE
CAUSE OF INTELLECTUAL
DISABILITY TOGETHER!

NICE!

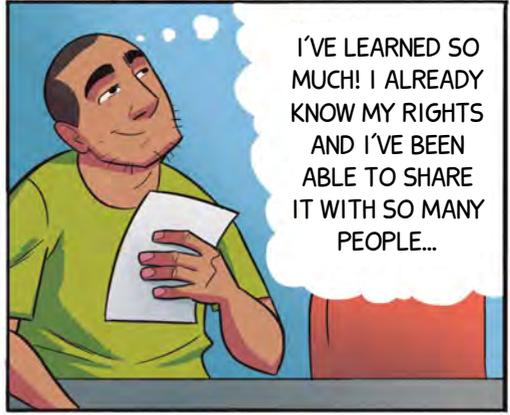


WE'LL MAKE A
DIFFERENCE!

WOW! IT'S BEEN A YEAR AND IT WAS SO GOOD TO BE PART OF THE GROUP.



I'VE LEARNED SO MUCH! I ALREADY KNOW MY RIGHTS AND I'VE BEEN ABLE TO SHARE IT WITH SO MANY PEOPLE...



MY EDUCATION...



ME MANAGING MY BANK ACCOUNT.



ME GUARANTEEING MY RIGHT TO VOTE AND MY POLITICAL PARTICIPATION.





I STILL WANT TO CONQUER MORE SPACES. BUT THAT'S A MATTER FOR THE NEXT BOOKLET!



HI, LUCAS!



I DECIDED TO ACCEPT YOUR INVITATION TO THE MEETING OF SELF-ADVOCATES.

I'M QUITE ANXIOUS, COULD YOU EXPLAIN IT TO ME?



I'VE GOT THIS!

LET'S SEARCH THE WORDS OF THE GROUP OF SELF-ADVOCATES. THUS, YOU WILL LEARN MORE ABOUT OUR GROUP AND WILL BE CURIOUS TO BE PART OF IT.



WHAT IS A GROUP OF SELF-ADVOCATES AND WHAT IS IT FOR?

THE GROUP OF SELF-ADVOCATES IS A PLACE TO EXCHANGE IDEAS AND KNOWLEDGE. IT INTENDS TO ASSIST PEOPLE WITH INTELLECTUAL DISABILITIES IN UNDERSTANDING THEIR RIGHTS. IN THE GROUP, YOU CAN GIVE OPINIONS, PROVIDE SOLUTIONS, AND PUT YOUR IDEAS INTO PRACTICE.

THE SELF-ADVOCACY MOVEMENT AIMS TO CONTRIBUTE TO THE ADVOCACY, GUARANTEE OF RIGHTS, AND THE PROTAGONISM OF PEOPLE WITH INTELLECTUAL DISABILITIES.

COME MEET AND BE PART OF THE GROUP. IT DOESN'T EXIST WITHOUT YOUR PARTICIPATION.

K D F G D J K L Ç B H A M N M O A C E L Ö T W A P P Q E P E O P L E
 P A R T C M K L E R Ö Æ L J K M N A A D E C Z X E P K Ç M N P L A S
 R Ç Ç A F D D F V M T D E C F A C Ç L K J H G A D V O C A C Y S A P O I Y
 O Q A Z W S X E D C S O L U T I O N S E D V R F B T G H Y H M U J N U
 T M Ç P N K O N J I B H U C F T X D R S E R R F F G G T T G J B A Z X C
 A P A R T I C I K A M M O A D F G H J K K K L L L Ç Z X C V B N M Q K
 G O F E U U A Y S A V V Z B H H A N K Z E S U D R E C A U G H F V V
 O K K L L L Ç Z X Z B H H A N K Z E U I O P A S D F G H B C A D R V N
 N Æ L J K M N A U I O P A S D F G H E A R I G H T S T I E R G B E D
 I S X E A D T I E R G B C A D R Y O U N J K L R C V G H J E S C A X Z E
 S L Ç B H A M N M O A C P A R T I C I P A T I O N S D C V F V C S E D A A
 M E R G V C A S S Z Z S A Z X E A D T I E R G B P A S D C V F N Æ L J K M
 O G T T G J B A Z X E A D T I E R G R O U P B P A S D C V F N Æ L J K N L
 A O O N A S F G H K I D E A S Q W E R T Y U I O P A S D F G H J K L Ç Z



CIRCLE THE WORDS THAT REPRESENT THE RIGHTS OF PEOPLE WITH INTELLECTUAL DISABILITIES.

VOTING

POLITICAL PARTICIPATION

VIOLENCE

DATING

WORKING

HOUSING

HEALTH

STUDYING

LEISURE

FAMILY

BULLYING

BENEFIT OF CONTINUOUS PROVISION - BCP

ABLEISM

OPENING BANK ACCOUNT

LEGAL CAPACITY

ANSWERS

WORD SEARCH

K D F G D J K L Ç B H A M N M O A C E L Ö T W A P P Q E **PEOPLE**
PART C M K L E R Ö Æ L J K M N A A D E C Z X E P K Ç M N P L A S
R Ç Ç A F D D F V M T D E C F A C Ç L K J H G **ADVOCACY** S A P O I Y
O Q A Z W S X E D C **SOLUTIONS** E D V R F B T G H Y H M U J N U
T M Ç P N K O N J I B H U C F T X D R S E R R F F G G T T G J B A Z X C
A P A R T I C I K A M M O A D F G H J K K L L L Ç Z X C V B N M Q K
G O F E U U A Y S A V V Z B H H A N K Z E S U D R E C A U G H F V V
O K K L L L Ç Z X Z B H H A N K Z E U I O P A S D F G H B C A D R V N
N Æ L J K M N A U I O P A S D F G H E A **RIGHTS** T I E R G B E D
I S X E A D T I E R G B C A D R Y O U N J K L R C V G H J E S C A X Z E
S L Ç B H A M N M O A C **PARTICIPATION** S D C V F V C S E D A A
M E R G V C A S S Z Z S A Z X E A D T I E R G B P A S D C V F N Æ L J K M
O G T T G J B A Z X E A D T I E R **GROUP** B P A S D C V F N Æ L J K N L
A O O N A S F G H K **IDEAS** Q W E R T Y U I O P A S D F G H J K L Ç Z

CIRCLE THE WORDS

VOTING

POLITICAL PARTICIPATION

VIOLENCE

DATING

WORKING

HOUSING

HEALTH

STUDYING

LEISURE

FAMILY

BULLYING

BENEFIT OF CONTINUOUS PROVISION - BCP

ABLEISM

OPENING BANK ACCOUNT

LEGAL CAPACITY

REALIZATION



INSTITUTO
Jô Clemente

Pioneirismo, Ciência e Inclusão da
Pessoa com Deficiência Intelectual

Daniela Machado Mendes

General superintendent of Instituto Jô Clemente

ADVOCACY

Deisiana Campos Paes

Advocacy supervisor

Mônica Neves Rocha Arten

Advocacy advisor

Ronie Vitorino Pires de Novais

Advocacy assistants

Stephanie Lima Ferreira

Advocacy assistants

WRITTEN BY

Mônica Neves Rocha Arten

SELF-ADVOCACY GROUP

Alexandro dos Santos Ribeiro

Ana Júlia Fernandes

Camila Rocha do Vale

Carlos Aparecido de Barros

Daniel Chusyd

Eliano Carvalho de Oliveira

Icaro Batista Oliveira

Jéssica Kemily Lopes,

João Victor de Oliveira

Joyce Ferreira Lima

Julia Esperança Guimarães Alexandrino

Karina Silva Bueno de Camargo

Kátia Ruas Patrício

Lorena da Silva

Lucas Silva Bueno de Camargo

Luis Fernando Ribeiro de Lima

Luisa Oliveira Barbosa

Marina Romboli

Melissa Teodoro Gomes

Murilo Freitas

Philippe Crawford Barrionuevo C. de Freitas

Priscila Gomes Costa

Rafaela de Almeida

Ricardo Sanguini

Simone da Silva Viana

Tais Santana Leite

Tássio de Oliveira

Vitoria Rosa de Paula

Wellington de Melo

Wellington Gomes

EDITORIAL PRODUCTION



www.zeppelini.com.br

2ND EDITION REVIEW

Mônica Neves Rocha Arten (IJC)

Stephanie Lima Ferreira (IJC)

Ronie Vitorino Pires de Novais (IJC)

ART: André Malerba

COLOR/FONTS: Carolina Cortasso



IMPORTANT CONTACTS:

Instituto Jô Clemente - Advocacy/ Autodefensoria
Rua Loefgren, 2.109 – Vila Clementino – São Paulo, SP – Brazil
Telephone: (+55 11) 5080-7095

Conselho Municipal da Pessoa com Deficiência – CMPD
Rua Líbero Badaró, 119, 32º Andar – São Paulo, SP – Brazil
Telephone: (+55 11) 3913-4038 / 3913-4053 / 3913-4003

1ª Delegacia de Polícia da Pessoa com Deficiência
Rua Brigadeiro Tobias, 527 – Térreo – Centro – São Paulo, SP – Brazil
Opening hours: 9 a.m. to 6 p.m.
Telephones: (+55 11) 3311-3380 / 3311-3383

Realization



Support



**PREFEITURA DE
SÃO PAULO**
PESSOA COM
DEFICIÊNCIA