

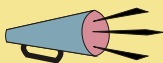
Leadership Through Personal Change

WINTER 2007

Words from the Chair, Consumer Advisory Committee

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Pg 2 Members Speak Out



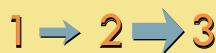
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My Life, My Way!



A Leadership Project
sponsored by DDS CAC



It was great to see more members involved with planning our meeting day and doing presentations. An exciting part was the role-play about Cindy wanting to get a job in the community. I also enjoyed our Wellness Coach who shared information about good ways to express your feelings at difficult meetings.

CAC members are really working on personal goals and job goals! Danielle is starting her own jewelry business and Cindy is interviewing on her own. Go Team!



Consumer Advisory Members, February 2007

LEADERSHIP THROUGH PERSONAL CHANGE

LEADERSHIP PROJECT



CAC members are building leadership skills to make positive changes in their lives, their way.

They use facilitators who work for them to help make **Think - Plan - Do** happen.

"We communicate with facilitators so they know what we need. Facilitators help explain things, take notes, make sure our notebooks are organized, and meet with us."



THINK



PLAN



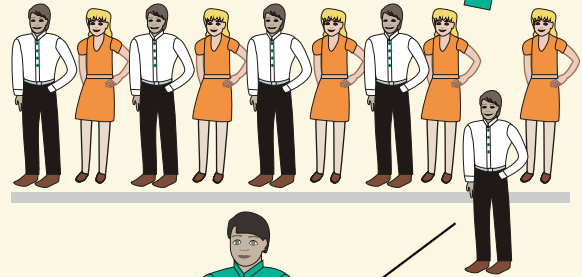
DO

MEMBERS SPEAK OUT ABOUT JOBS

The CAC reviewed DDS information about jobs - adapted with pictures - so members better understood that not enough people with disabilities are working. Members spoke strongly about this important issue.

"There needs to be more jobs."

OUT OF 10 PEOPLE



ONLY 1 PERSON HAS A JOB



UNEMPLOYMENT 90%
[Labor Department 6/07]

"Paying less than minimum wage is NOT an option."

"People should be paid what they are worth"

The CAC decided their next four DVDs and Guides will use **Think - Plan - Do** for inter-viewing skills and getting good jobs.



Kim, Lori, Nyron and Debbie ended their CAC terms at the last meeting. DDS Chief Deputy Director Mark Hutchinson thanked them for their support and gave them.





FOCUS AREAS

MISSION STATEMENT

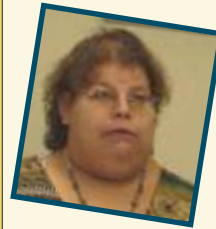
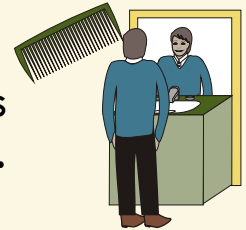


Krisi says a Mission Statement is powerful. Our minds go astray sometimes and it reminds you of the person you are, where you are going. When you share it with others, people see you as a leader.

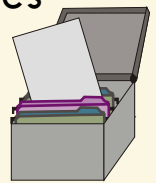
PROFESSIONAL IMAGE



Tom says grooming is important.



Danielle dresses professionally and organizes her papers.



TAKING CARE OF MYSELF



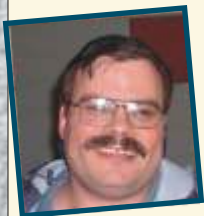
Lori says don't hold your anger inside. Get it out by telling someone what's bothering you. She will show people how in a new DVD.

Lori's Motto: **BETTER OUT THAN IN**

ORGANIZATION & PLANNING



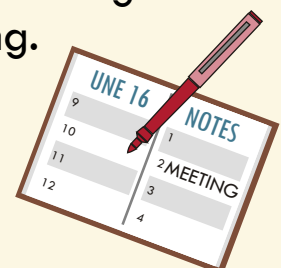
Nyron decided to clean up his papers. They were piled so high on the floor, he couldn't find his Earthquake Kit. The kit is very important - so now it is on his dresser.



John changed his diet using the exercise band and doing what his doctor says.

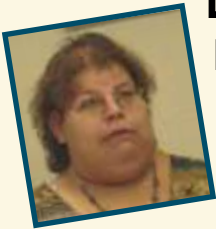


Debbie is the "Queen" of organizing and planning.



GOING FORWARD

MAKING YOUR GOALS HAPPEN



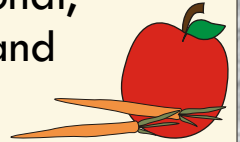
Danielle is learning how to manage her money so she can open a jewelry store.



THINK-PLAN-DO REALLY HELPS



Sam says the Leadership Project is great. Dress well to be professional, keep healthy and speak out.



Cindy wants to find a job.

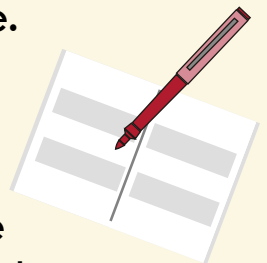
THINK: I want a job that pays a good wage.



PLAN: I look in newspapers, ask people about jobs, and go to

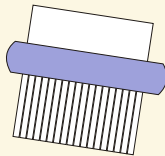
interviews with a resume.

DO: I schedule time every day to look for a job. Always have professional clothes ready.

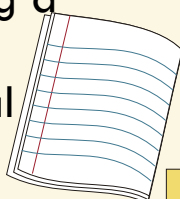


PLAN: I need to find a reliable shredder. I will check at office supply stores. I will spend my own money up to \$150 to get started. I will advertize to neighbors.

DO: I found a shredder and started my home business in October. I work three days. I have two clients. I make about \$7.50/hour, much more than my old job.



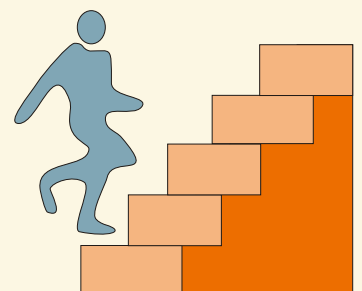
Debbie is finding a speech coach to help with her goal to be a narrator.



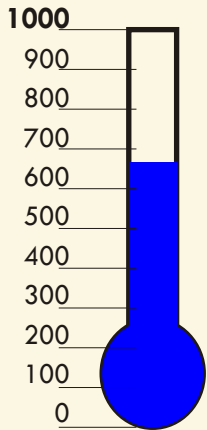
Miguel used **Do** without **Thinking** and **Planning**.

At the gym he worked his legs very hard and went up stairs. When he went back, he

fell. If he used **Think** first, he would have planned differently.



WHAT'S NEXT



CAC GOAL Show DVD's to 1,000 Self-Advocates

CAC members are hearing from many people with disabilities. They talked to hundreds in their communities about **Think-Plan-Do.**

DDS CAC is on YouTube

Find the CAC DVDs online at YOUTUBE www.youtube.com
search: cac leadership

To find out more about CAC leadership tools, contact Nicole Patterson, DDS Consumer Services Coordinator - **916-654-1494**

PRESENTATION TIPS

Tommy likes a friend with him when he presents. A friend gives him support and confidence.



The CAC is moving ahead on 9 new leadership area and 9 new DVDs and Guides. If you are interested in joining the CAC team, there are openings for new members.

Please call Nicole Patterson at **916-654-1494** for an application.



Sam takes a walk before he speaks to get himself relaxed.

John gets to the room early to make sure he has the equipment and sets it up.



Nyron says You will be nervous at first, then get the hang of it and be confident.



MEMBER APPLICATION

NAME _____

ADDRESS _____

CITY STATE ZIP _____

TELEPHONE _____

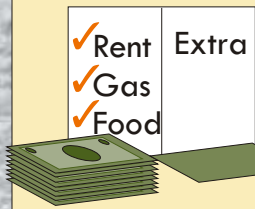
EMAIL ADDRESS _____

COMMITTEE INTEREST _____

GOOD TIPS

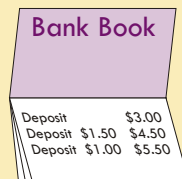
MANAGING MONEY

TIPS



Make sure you have enough money to pay your monthly bills before saving for a “fun goal.”

Open a special savings account at a bank and watch it grow.



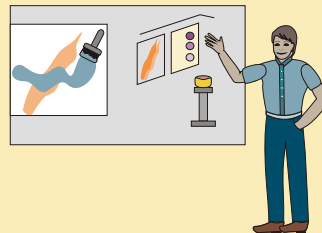
Get a can or small box to keep your saved money.

MISSION STATEMENT



Always dream, then make a plan.

Believe in yourself.



Know what is important to you then go for it!

To obtain additional copies and CAC tools

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Office of Human Rights & Advocacy Services
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Sacramento, CA 95814
916-654-1888
nicole.patterson@dds.ca.gov
OR
Mark Starford



The Board Resource Center, Inc.
PO Box 601477, Sacramento, CA 95860
866-757-2457 mark@brcenter.org

NEXT CAC MEETING

FEB 20

FEB 21

Orange County at
Integrity House
2043 North Broadway
Santa Ana, CA 92706