

opportunities for employment, how to approach and work with employers to secure job opportunities, and how to support individuals in the employment setting.

The Dignity of Risk

Living fully included lives in the community involves risk. For people with I/DD, opportunities to take educated risks are often limited by well-meaning family members, providers and the service system. This workshop provides families and providers guidelines for allowing people with I/DD to take educated risks that increase their opportunities for independence while still providing for their safety and well-being.

Rights and Responsibilities

All people, including individuals with I/DD have basic human rights. People with I/DD also have certain rights within the DIDD service system. All people also have responsibilities that go along with those rights. This workshop explores the rights of people with I/DD and the responsibilities that go along with them.

Education for Law Enforcement Organizations

Law enforcement personnel often face situations where they are dealing with people who display dangerous behaviors. For law enforcement personnel that have never been acquainted with people who have I/DD, they may wrongly assume that certain behaviors are criminal in nature and that assumption may lead them to act in ways that escalates the situation, harming the person with I/DD needlessly in the process. This workshop provides law enforcement personnel with a foundation for understanding people with I/DD.

PATH - Planning Alternative Tomorrows with Hope

“At the heart of helping people with disabilities move toward lives of self-determination, companionship and contribution is the need for effective skills in person-centered planning, facilitation of circles of support, and other tools that define vision, invite collaboration, and build the energy and commitment necessary to work together on complex problems and issues.” Dave & Faye Wetherow

- PATH is a person-centered planning tool that can help individuals, families, organizations, school systems, etc. move into a more positive and possible future.
- PATH is used to strengthen the concepts of Inclusion, Diversity and Democracy.
- PATH is daring, bold and action oriented
- PATH allows for people to see graphically and in living color whether they actually want to move into the future and take real steps to get there.
- PATH gives people real choices.

“PATH is a way for diverse people, who share a common problem situation, to align their purposes; their understanding of the situation and its possibilities for hopeful action; and their actions for change, mutual support, personal and team development, and learning.”

To request a workshop in your area or to schedule a PATH, please contact:

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The Arc of TN values diversity and does not discriminate based on race, ethnicity, religion, age, geographic location, sexual orientation, gender or level of disability.



Workshops, Educational and Planning Opportunities for Self-advocates, Families and Professionals

This project is funded under an agreement with the State of Tennessee.

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Founded in 1952, The Arc Tennessee has a proud history of providing learning opportunities in a variety of “best practices” in the field of intellectual and developmental disabilities (I/DD). In keep with this history, The Arc offers a variety of free workshops upon request. These workshops are made possible through a grant from the Department of Intellectual and Developmental Disabilities (DIDD). Target audiences include self-advocates, family members, provider agencies, direct support professionals (DSPs), professionals and the community at large.

Navigating the Human Services System

People often do not know where to get answers about the services and supports available for people with I/DD. This workshop provides a broad overview of all service systems that may touch the lives of people with I/DD and those that support them.

Self-advocacy and Choice

This workshop teaches people with I/DD to become self-advocates. To be an effective self-advocate, one must first know himself/herself, learn self-advocacy skills, and put them into practice. Participants will learn:

- To understand their own personal skills, talents and behaviors
- To “dream their dreams” and to make their dreams known to others by speaking up for themselves
- To seek help from others when necessary
- To take responsibility for developing an action plan to make their dreams a reality

Self-determination

This workshop provides information to empower Boards of Directors, staff and families in

supporting individuals with I/DD to be more in control of their own lives. Guidelines and tips are offered as well as activities and exercises for implementing this concept in your relationships with others. Participants will learn:

- What self-determination means and why it is important
- That individuals with I/DD can make their own choices and learn ways to assist them in that process
- To listen and communicate more effectively with individuals with I/DD
- To develop effective support plans through the incorporation of self-determination principles

Starting your own Business

This workshop will provide interested self-advocates, family members and other community citizens with information to start their own business – either a non-profit agency to provide services to individuals with I/DD or a business that becomes employment for a person with I/DD. Participants will learn:

- How to set up a non-profit 501(c)3 organization or an LLC
- Resources for start-up funding and the application process
- How to find mentors to assist in the development and implementation of best practices
- How to find mentors to assist in the development of a sound business plan and sound operational practices
- The basics of business operations

Healthy Relationships and Personal Safety

These workshops will provide individuals with skills to develop healthy relationships and to recognize situations with others that could put them in harm’s way. Participants will learn:

- The differences between strangers, acquaintances, friends and family and the social interactions that are acceptable with each
- How to recognize the difference between people that have your best interests in mind vs. those that might be trying to take advantage of you
- How to keep themselves safe and how to report potentially abusive situations

Voter Education

It is often assumed that people with I/DD can’t vote or shouldn’t vote. People with I/DD who are over 18 can and should register to vote. Voting is one of the best ways to advocate for oneself. In this workshop, participants will learn:

- The process for registering to vote
- Where to vote
- How to ask for accommodations at the polling place
- How to learn about candidates running for different offices

Disability Awareness and Person First Language

Many people do not have the experience of knowing someone who has a disability. This workshop provides people with a basic introduction to disability, disability etiquette and the importance of using person first language in all communications.

Employment Supports

Many people with I/DD want to work in inclusive settings but face barriers from family, professionals and employers. This workshop provides tips to help individuals identify their interests, how to turn those interests into