



Transition Newsletter

Volume 5
April 2021

SELF-ADVOCACY
IS THE ABILITY TO ARTICULATE
ONE'S NEEDS & MAKE INFORMED DECISIONS
ABOUT THE **SUPPORT**
NECESSARY **TO MEET THOSE NEEDS.**



What is Self-Advocacy?

Self-Advocacy means knowing how to:

- speak up for yourself
- describe your strengths, disability, needs, and wishes
- take responsibility for yourself
- find out who will support you in your journey
- find out about your rights and responsibilities
- problem solve
- obtain help or know who to ask if you have a question or need help

Where Can I Practice Self-Advocacy?

A great place to practice self-advocacy is at your Individualized Education Program (IEP) meetings. With the support of your team members, you can learn ways to:

- explain your disability to others
- set goals for yourself
- share what works and does not work for you
- ask for accommodations
- accept help from others
- lead all or part of the IEP meeting

Be Prepared!

Before your IEP meeting, you could think about these questions to add valuable input during the discussion:

- What do I want to learn or work on this year?
- What are my special concerns for the school year?
- How do I learn the best?
- What do I need to be successful?
- What would make learning easier for me?
- What positive information about myself can I share at the meeting?

For more information: <http://www.LDonline.org/article/7757/>

APP HIGHLIGHT



iTransition SD

Disability Rights South Dakota developed a website that can assist you with leading your IEP meeting. By answering the questions, it will assist you with producing a "draft transition plan" that can be used to develop transition goals. This transition plan is your road map to transitioning into adult life after high school!

www.itransitionsd.org

Disability Rights SD also helps with advocating for rights and inclusion of South Dakotans with disabilities. Go to their website for more information!

www.drdsdla.org

SELF-ADVOCACY





Name:

Phone:

Email:

dhs.sd.gov/rehabservices/transitionresources.aspx



• **Transfer of Rights at Age 18**

• Do you know that when you turn 18 years old, you are seen as an adult and are in charge of making all your own decisions? For some students, extra help from someone you trust is needed to ensure that the right financial, medical, and legal decisions are being made. There are ways to ensure that this assistance is available to you such as Power of Attorney and Guardianship. Please go to the following websites to learn more about available options or use your self-advocacy skills to ask me!

• <https://www.sdparent.org/guides-briefs/approaching-age-18-infographics>

• <https://dhs.sd.gov/guardianship>

• <https://drsdlaw.org/video/>



• **Voting Rights at Age 18**

• Also when you turn 18, you have a civic duty to vote! Why should you vote? One simple reason—if you don't vote, you give up the right to have your voice heard. Some people do not vote because they may think their vote does not matter. When a person doesn't vote; they are letting those who do, choose who will be their voice. By using your self-advocacy skills, you can make your voice heard! It's important to learn about the candidates and ballot measures before election day so you can be an informed voter.

• Go to drsdlaw.org/resources/electioninfo/ or contact me, I can help you register!



Agencies throughout South Dakota host summer camps that focus on Workplace Readiness skills, Self-Advocacy, and inform participants on accessible community resources. Students with disabilities between ages 16 and 21 who are still receiving services from secondary schools are eligible to participate. Please contact the following people to learn more about available camps in your area or their virtual option. Spots are limited so contact them soon. I'm happy to help you get connected with folks as well, just ask for help!

Black Hills Special Services Coop (virtual)

Heather Hoeye-605.430.3263
hhoeye@bhssc.org

Black Hills Works—Rapid City

Heather Jansen-605.718.8655
hjansen@bhws.com

Center for Disabilities (virtual)

Jon Wallner-605.357.1516
jon.wallner@usd.edu

Communication Service for the Deaf (multiple locations)

Lance Sigdestad-605.370.6593
lsigdestad@csd.org

Goodwill—Rapid City

Jill Hinton-605.341.3562
hintonj@goodwillgreatplains.org

Goodwill—Sioux Falls

Chasity Colton-605.357.6145
coltonc@goodwillgreatplains.org

Groton School District

Becky Erickson-605.397.8381
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ILC—Aberdeen

Allison Schmitt-605.626.2976
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ILC—Eagle Butte

Madyson Main-605.845.2526
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ILC—Huron

Amy Duxbury-605.353.6710
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ILC—Mitchell

Ranae Gades-605.995.8141
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ILC—Sioux Falls

Cathleen Zepeda-605.362.3550
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ILC—Watertown

Janet Guest-605.882.5249
jguest@ilcchoices.org

Teachwell Solutions (virtual & Sioux Falls)

Angie Mulder-605.223.0502
angie.mulder@teachwell.org

The Support Circle—Mobridge

Jessie Brockel-605.845.2058
jessie@thesupportcircle.com