

# **Self-Advocacy 101**

**Using your voice to get what you need**

# Disability

**“a physical, mental, cognitive or developmental condition that impairs, interferes with, or limits a person’s ability to engage in certain tasks or actions or participate in typical daily activities and interactions.”**

# Disability Statistics

More than **1 in 4** adults in the United States have some type of disability (28.7%)

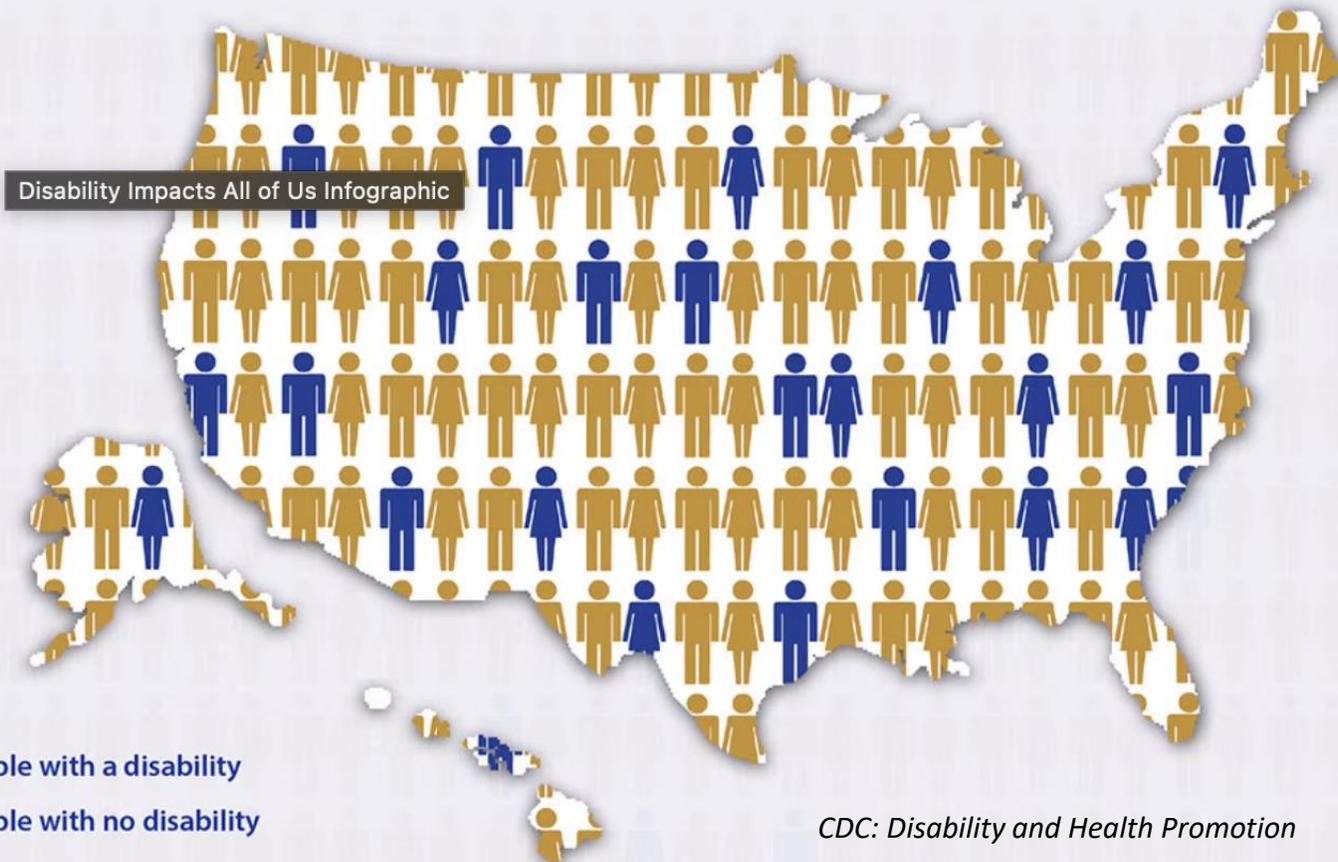
About 16% of the world's human population has some form of disability. That's 1 in 6 people <sup>1</sup>

More than 1 in 4 adults in the United States has a disability (28.7%) <sup>2</sup>

Blind and low-vision folks comprise 5.5% of the disabled population <sup>2</sup>

<sup>1</sup> [World Health Organization](#)

<sup>2</sup> [CDC: Disability and Health Promotion](#)



# **Disability and Self-Advocacy History**

**The self-advocacy movement started when people with disabilities were not asked what they wanted or given the same opportunities as other people. Other people made life choices for them.  
So they spoke up for change.**

**“When other people see you as a third-class citizen, the first thing you need is a belief in yourself and the knowledge that you have rights. The next thing you need is a group of friends to fight back with.”**

**— Judy Heumann**

# **Rehabilitation Act of 1973**

**The Rehabilitation Act of 1973 was the United States' first major federal disability rights law**

**There can be no discrimination against people with disabilities in hiring practices**

# Section 504 of the Rehabilitation Act



**Prohibits discrimination  
against people with  
disabilities in service  
availability, accessibility,  
delivery, employment, and  
administrative activities and  
responsibilities of  
organizations receiving  
Federal financial assistance**

*Photo: Associated Press*



# Americans with Disabilities Act

**Guaranteed people with disabilities equal opportunity in public accommodations, employment, transportation, state and local government services, and telecommunications**

© Tom Olin

*Photo: Tom Olin*



# The Olmstead Decision

**In 1999, the U.S. Supreme Court ruled that the unjustified segregation of people with disabilities is a form of unlawful discrimination under the ADA.**

*Photo: The Atlanta Journal-Constitution*

# **Ableism**

**discrimination or prejudice against  
individuals with disabilities**

# Technology and Inventions





# Universal/Inclusive Design

**aka the curb-cut effect**

“the design of products and environments to be useable by all people, to the greatest extent possible, without adaptation or specialized design.”

*University of California Berkeley*

# **Self-advocacy**

**Speaking up for yourself**

**Respectfully asking for what you need and why you need it**

# Self-reflection

- **Make a list of your strengths**
- **Identify where you need help**
- **Find places and people that accept you as you are**
- **Support and peer groups**

# **Know your rights and be prepared to defend them**

- **Do research**
- **Seek peer support**
- **Turn to disability organizations, advocates and allies**
- **Offer creative solutions**
- **Be respectful**
- **Keep records**
- **Share your wisdom with others and be available to support them**
- **Be mindful and allow space for your feelings of frustration, anger and sadness**

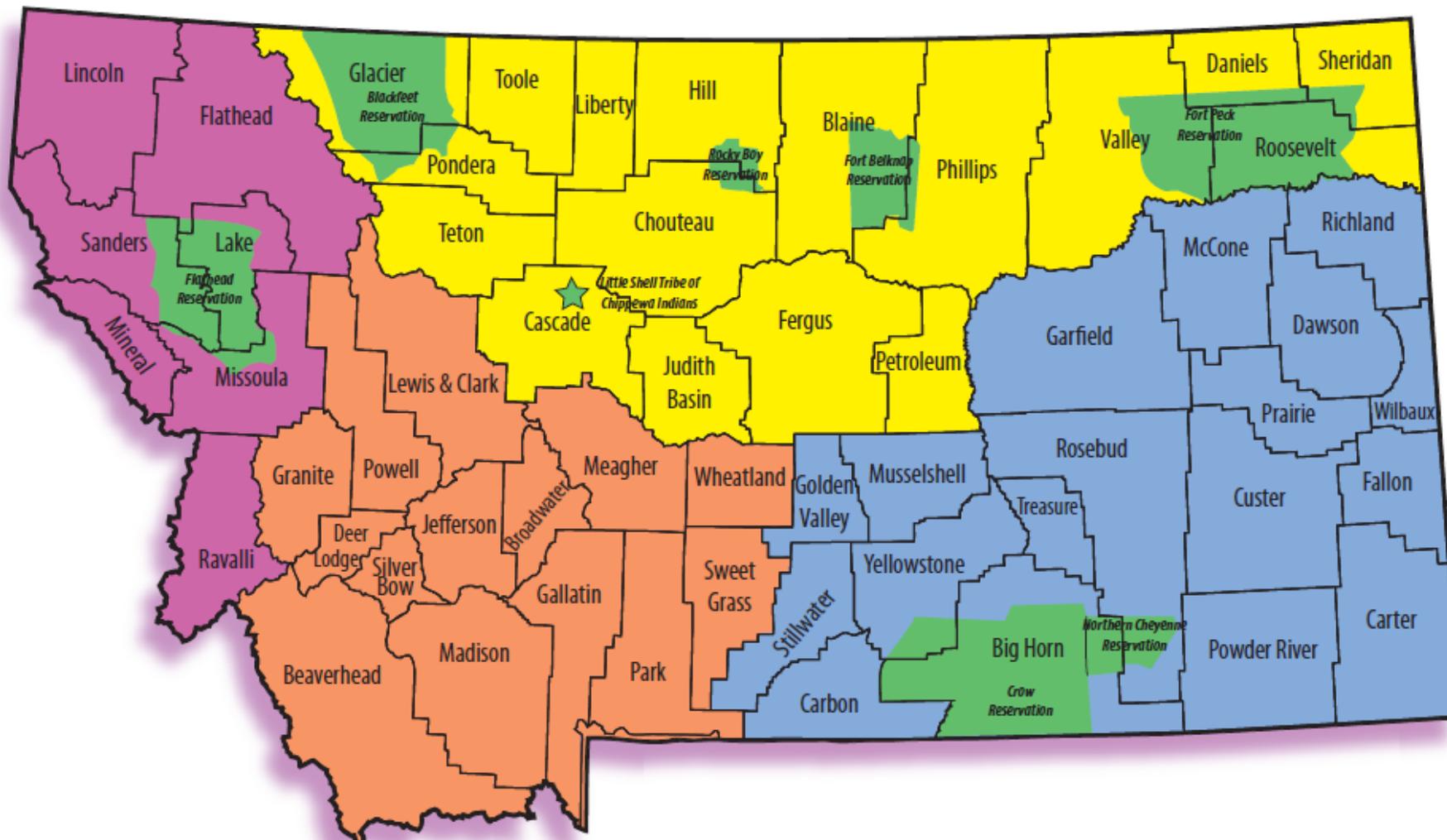


**Protecting the civil & human rights of people with disabilities.**

**<https://disabilityrightsmt.org/contact-us/>**

**1022 Chestnut Street  
Helena, Montana 59601  
(406) 449-2344  
(800) 245-4743**

# INDEPENDENT LIVING CENTERS IN MONTANA



Reservation

★ Little Shell Chippewa Tribe

North Central Independent Living Services 1-800-823-6245

Living Independently for Today & Tomorrow 1-800-699-6319

Ability Montana 1-800-735-6457

Summit Independent Living Center 1-800-398-9002

# North Central Independent Living Services

North Central including Great Falls,  
Glasgow, Conrad and Wolf Point



<https://ncils.org/contact-us/>

**Glasgow**  
**(406) 228-2075**

**Black Eagle (Main)**  
**1120 25th Ave. NE**  
**(406) 452-9834 or**  
**(800) 823-6245**

**Conrad Office**  
**(406) 271-2013**



**(Living for Today and Tomorrow)  
Southeast including Billings and Glendive**

**<https://liftt.org/contact/>**

**Billings**

**1241 Crawford Drive  
(406) 259-5181**

**Glendive**

**119 S. Kendrick Ave.  
(406) 948-8500**



**Southwest including Bozeman, Butte, Helena**

**<https://abilitymt.org/contact>**

**Helena**

**825 Great Northern Blvd.**

**(406) 442-5755 or**

**(800) 735-6457**

**Bozeman**

**2015 Charlotte St. #2**

**(406) 522-7300**

**Butte**

**820 Platinum St.**

**(406) 782-4834**



**West including Missoula, Hamilton, Kalispell and Polson**

**<https://www.summitilc.org/contact/>**

**Missoula**

**700 SW Higgins, Suite 101  
(406) 728-1630  
(800) 398-9002**

**Hamilton**

**274 Old Corvallis Rd., Suite B  
(406) 363-5242**

**Polson**

**#3 9th Ave. W., Suite 1  
(406) 215-1604**

**Kalispell**

**275 Corporate Dr., Suite 200  
(406) 257-0048**

# **Upcoming Bozeman Disability Advocacy Events**

## **Civic Engagement Training**

**Monday, Sept. 23**

**1 p.m. – 3 p.m.**

**Ability Montana**

**2015 Charlotte St.**

**Suite 2**

# Upcoming Bozeman Disability Advocacy Events

## Bozeman City Commission Meeting Special Presentation on Disability Community Chats

Tuesday, Sept. 24<sup>th</sup> at 6 p.m.  
Bozeman City Hall, 121 N. Rouse Ave.  
or [online](#)

Kristen Newman  
[knewman@abilitymt.org](mailto:knewman@abilitymt.org)  
Text or call 406-594-9163

**Jodi Hausen**

**[jodihausen.com/contact](http://jodihausen.com/contact)**

**More Than Normal: Breaking Down Barriers of Disability**

**<https://jodihausen.substack.com/>**

