BECOMING INSPIRED LEADERS
LEADERSHIP THROUGH PERSONAL CHANGE

California Department of Developmental Services, Consumer Advisory Committee (CAC)
BECOMING INSPIRED LEADERS

WELCOME

Leadership Through Personal Change
Having the life you want

What we will talk about

The DDS CAC advocacy work
Leadership Through Personal Change
What the CAC we will do
Why this is very important for all self-advocates
The CAC is an advisory committee of self-advocates from all over California.

The CAC began in 1992. There are 15 permanent members who serve three-year terms.

The CAC meets quarterly in Sacramento. Members provide DDS with input from the community.
Key Points about the CAC

- The CAC advocates for people and how they want to receive services.
- Members take information back to People First, Self-Advocacy and local Consumer Advisory Committees.
- The CAC has their own vision statement that drives their advocacy work.

My Life, My Way

“PEOPLE WITH DEVELOPMENTAL DISABILITIES IN CALIFORNIA WILL LIVE THEIR LIFE THE WAY THEY WANT”
Past CAC Advocacy Work

Consumer Guide to the Lanterman Act
(Our Rights)

Community Conversations
(What is life like for people in California?)

From Conversations to Actions Using the IPP
(True stories and strategies used to accomplish a goal using the IPP)
Past CAC Advocacy Work

Making My Own Choices
Picture Sticker Book
(Making decisions about things important to us)

Satisfaction Guide & DVD
(Dan’s story about what he likes)

Recommendations For Surveys

Ways to Make Complex Information Simple
Leaders know 3 things:

- They want to contribute
- They know what is important to them
- They know what they want to do
Inspiration

.. To guide and influence
.. To motivate to action
.. To affect or touch someone

Leaders Inspire others to follow by example

“I have a dream”
Leaders …

Inspire people

Listen

Take care of themselves

Take important risks

Plan and organize

Create teams to accomplish goals
CAC Leadership Areas

- TAKING CARE OF YOURSELF
  - Managing money
  - Being healthy
  - Dress for success

- PLANNING DECISION-MAKING
  - Decision making
  - Organizing
  - Planning

- LISTENING SPEAKING
  - Listening & asking questions
  - Public speaking

- TAKING RISKS
  - Leadership goal
  - Getting support
  - Accomplishing your goals
The CAC Leadership Plan

1. Learn about leaders
   - What do leaders do?
   - How do leaders act?

2. My own leadership goal
   - Making a mission statement
   - Creating a personal leadership plan

3. Practicing leadership
   - Taking care of myself
   - Listening and speaking
   - Planning and organizing
   - Taking risks

4. Leadership through example
   - Being successful
   - Show others how we did it
How we do it

We make our own Mission Statement

What is important to me? ________________________________

Why is it important to me? _______________________________

What am I now doing? ________________________________

Examples:

Kim

I am a leader who believes in taking care of herself. I advocate for others, am a team member and believe all people can have a life of dignity and quality.

Cindy

I like to work independently and not be controlled by others. I help others by teaching and showing them they have rights. I go to school.

Nyron

I have good health, eat right and walking regularly. I am independent in my home and do community work. I advocate and support others in having a quality of life.
MY MISSION:
I am a leader who believes in taking care of herself. I advocate for others, am a team member and believe all people can have a life of dignity and quality.

MY LEADERSHIP GOAL:
To be a life coach and advocate for people.
Leadership Learning

**MY LEADERSHIP GOAL:**
- Be a life coach and advocate for people.

1. Learn new leadership behaviors.
2. Practice at home and at meetings.
3. Find a Mentor in my community.
5. Teach others.
Being a leader

THINK

PLAN

DO

TAKING CARE OF YOURSELF

PLANNING DECISION-MAKING

LISTENING SPEAKING

TAKING RISKS
**THINK, PLAN, DO (sample)**

**MANAGING MY MONEY**

**SETTING THE GOAL**

Steps that can help set and accomplish money goals:

**THINK**

What do I want?

When do I want it by?

How much does it cost?

**PLAN**

What will I spend less on to have my goal?

How much do I spend now?

Day $ 

Week $ 

Month $ 

In ___ months I will save $ 

**MAKING THE PLAN**
THINK, PLAN, DO (sample)

MANAGING MY MONEY

DO

I will start my plan?
(Date)

I will put extra money in (place)?

I will put my money away:
Everyday
Once a week
Once a month

Getting Support

will help me

I want help with:

MANAGING MY MONEY

MAKING IT HAPPEN

TIPS

- Make sure you have enough money to pay your monthly bills you are committed to FIRST before you start saving money for a goal.
- Open a “special” savings account at the bank for your goal.
- Give the account a name like “My TV Fund”.
- Deposit the saved money into this special account and enjoy watching it grow.
- Get a can or small box to keep your receipts.

TRAPS

- DO NOT carry a lot of money in your wallet.
- DO NOT buy things on IMPULSE, which means buying something you did not think about before you went to the store.

GOOD IDEAS

10

5

$ 25

I CAN DO IT

10

5

$ 25

I CAN DO IT
We get support

Quarterly Consumer Advisory Meetings training with specialized experts

Personal CAC Facilitators
2 hours per month

Project Facilitator
4 hours per month

Life Coach
monthly leadership coaching call
Reaching Out

CAC members will make presentations statewide
- People First Groups
- Regional Centers
- Conferences
- Advocacy groups

Quarterly Newsletter

Internet
- Updates on DDS Consumer Corner Webpage
- Updates on Board Resource Center webpage

Publications
- Year 1 – 1,000 prototype booklets and documentary
- Year 2 – 1,000 prototype booklets and documentary
- Year 3 – 10,000 final booklets and documentary
  Guide for facilitators and support people
Contact Information

For more information or copies, contact:

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Consumer Corner website:
http://www.dds.cahwnet.gov/consumer/consumer_home.cfm