

Self Advocates United as 1

You may also assist the work of SAU1 with your financial support.

We like to call it
Investing in the Power of Speaking Up!
Won't you please invest today?

ONLINE: You may give safely and securely on our website: sau1.org

Just click the DONATE button in the top right corner



BY MAIL: Simply send a check payable to Self Advocates United as 1 to

Self Advocates United as 1, Inc.
PO Box 297
984 Water Street
Meadville PA 16335

Thank you.



Our Mission is to Support Self Advocacy of People with Disabilities for Positive Impact in Our Communities and in People's Lives.

It is important to me to be a self advocate because I can empower myself and others with disabilities to make their needs and wants known and to have a voice just like everyone else. My favorite thing about SAU1 is that the staff and board members are genuinely passionate about making sure that self advocates' voices are heard; and not only heard, but their wishes and ideas carried out the best way possible.



- Alexa Brill, SAU1 Board President

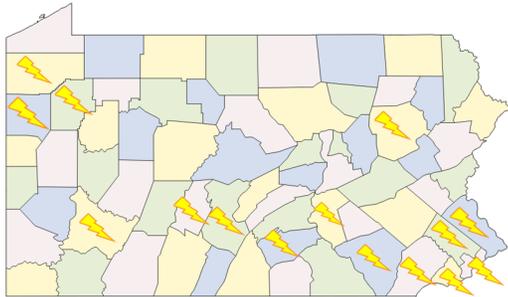


Who directs SAU1's work?

Our Board of Directors are volunteers with developmental disabilities from all over PA.

Since 2007 they have set our path and find opportunities to further our mission.

They meet regularly with professionals to share the self advocate voice.



Who does SAU1's work?

SAU1 staff are people with disabilities and allies from all over the state.

Self advocate staff share information to educate people and to support self advocacy in people's communities and lives.

Support staff do all of the other important work that keeps SAU1 following its mission.



YOU can change people's lives!

Contact us to:

- Set up a SAPNA or SASE event in your area
- Find out how you can volunteer
- Check for job openings
- Share our information with others
- Better include self advocates in groups or events.
- Talk about how SAU1 can partner with you.

We'd love to hear from you!

Web www.sau1.org

Email info@sau1.org

Phone 724 588 2378

Mail SAU1
PO Box 297
984 Water Street
Meadville PA 16335

Facebook [@SAU1PA](https://www.facebook.com/SAU1PA)

Twitter [@speakupSAU1](https://twitter.com/speakupSAU1)



SASE

SASE is the Self Advocacy Support and Empowerment project, funded by a grant from the PA Developmental Disabilities Council (PA DDC).

SASE's goal is to support and strengthen statewide self advocacy in PA. The work includes:

- Support for the SAU1 Board to grow, learn, and meet regularly, in person and over Zoom.
- Sharing information, educating, and connecting people through the SAU1 website, teleconferences and webinars, newsletters, face book, YouTube, and twitter.
- Self Advocate staff, called Ambassadors, who attend meetings and other events to bring the professional self advocate voice and view.
- Technical assistance to other grantees of the PA DDC on the inclusion of people with disabilities in their projects.
- Developing events about forming Healthy Relationships.

Oscar Drummond, SAU1 Founder, Past President, and now Lead Ambassador, proudly displays SAU1's Community Advocacy Award from Temple University's Institute on Disabilities



What beliefs guide SAU1's work?

- People with disabilities have the right to live full lives the way they want.
- People with disabilities should be the main voice in decisions about their own lives.
- "Knowledge is Power" - people have the right to learn and know about things important to their lives.
- People with disabilities must have a voice in all parts of community life.
- Our work will not stop until all people have everyday lives just like everyone else.



People of SAU1 gather for a staff development training retreat in September 2022.

SAPNA

SAU1 manages the Self Advocacy Power Network for All (SAPNA), a project of the PA Office of Developmental Programs (ODP) of the Department of Human Services.



- SAPNA events are free, interactive sessions, led by Power Coaches—people with disabilities—supported by experienced facilitators.
- Materials are written by our Power Coaches and approved by ODP.
- Events are held in person throughout PA and online with Zoom.

SAPNA Power Coaches and facilitators also provide technical assistance. That means we:

- Support the full participation of people with disabilities at meetings
- Share tips on how to make materials and events more accessible for folks
- Talk to people after events about how what they learn can help in their own lives.
- Bring what we learn from people with disabilities to inform others.

What can YOU learn from SAPNA?

Here are just a few of the programs we offer:

Let's Speak Up! is a conversation about self advocacy. Learn about your rights, how to be a self advocate, ways to advocate, and the power of groups. 90 -120 minutes.

All About Jobs! empowers people with disabilities to think about REAL jobs for REAL pay. Learn how to plan for and find the job that works for you. Find out about waiver services and other supports to help, and how to work and keep your benefits. 90 - 120 minutes.

Let's Talk about Your Vision for Everyday Life! Folks will use fun LifeCourse tools to plan for the life they want. Learn about waiver services, even new and changed ones. You'll leave with a plan to get something you want in your life. 3 hours.

Let's Power Up! is all about starting or strengthening self advocacy groups. A true self advocacy group is run by and for the people who belong to it. Our guided conversation will help your group make decisions about your group, its purpose, and its work. 60 - 90 minutes.

Abuse: There is No Excuse helps people learn what abuse is and what to do if they have experienced it. We'll also learn about different kinds of abuse, who can be abused, where abuse can happen, and who could be an abuser. A comfort room with trained counselors will be available during and after the session. 3 hours.