

People First[®] Community Service Inclusion Workbook

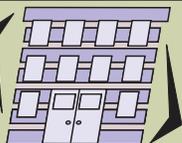
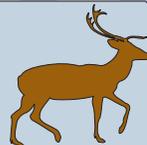
Self-Advocates Providing
Service to the Community

PEOPLE



ENVIRONMENT

WILDLIFE



DISASTERS



People First Community Services Inclusion Project is
funded through a grant from the California State
Council on Developmental Disabilities

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People First of California



People First is an international, national, and statewide organization with a rich history of over 25 years. People First chapters can be found in your community. It is a self-advocacy, self-help, and self-directed group run by and for people with developmental disabilities. Members increase self-advocacy skills by learning how to speak for themselves, solve their own problems, advocate for rights, learn responsibility, and become active citizens contributing to their communities. People First chapters educate community members that people with developmental disabilities have the same rights and responsibilities as any citizen and are interested in being full participating, contributing members of their communities.

PEOPLE FIRST OF CALIFORNIA



People First® of California, Inc. (PFCA) is a 501-c (3) non-profit organization, run by and for people with developmental disabilities for over 15 years. Our mission is to “help start, inform, and support local chapters so that we, and all people with developmental disabilities, are able to speak for ourselves, understand our rights and responsibilities, and are respected, valued members of our communities.” PFCA represents people with developmental disabilities in California and expresses their views in a unified voice. With input from local chapters through elected representatives, PFCA advises the public on how to value people with developmental disabilities. PFCA acts as the statewide voice for decisions involving important political, educational, and legislative issues that are important to people with developmental disabilities.

People First of California includes six Regional People First partner groups and nearly 100 local chapters statewide. As a key strategic objective of having self-advocates train self-advocates, PFCA co-sponsors the annual Statewide Self-Advocacy Conference with average attendance of 1,300. Participants learn to advocate for themselves, educate the public, and rally for their rights. Throughout the state, PFCA provides consultation and a variety of training’s in self-advocacy/self-determination.

PFCA knows how to train self-advocates because we are self-advocates.

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President's Message



Michael Cooke,
President PFCA

In the past twenty-five years, people with disabilities have worked to become active members of their communities by attending non-segregated schools, becoming employed by local businesses, being a part of local People First chapters, and living as citizens of their communities. Each of these steps has been a step in peeling away the “disabled” label often given to people with disabilities, who want to be seen as worthy of accomplishing much more than sitting in a sheltered workshop counting nuts and bolts for 10 cents an hour.

It is my hope that the *People First Community Service Inclusion Project*, which will bring self-advocates and community service organizations together, will be a learning experience that will grow into strong partnerships between People First chapters and community service organizations. Everyone, including people with disabilities, has a fundamental responsibility to respond to the needs of the community. Hopefully, through this project, People First will come to be even more respected in local communities as a reliable organization willing and **able** to serve each community's needs. All of us working as one voice will build those strong communities. For we are all people **first**, and our disabilities are secondary.

Michael Cooke, President PFCA





People First of California 2005-06 Board of Directors

Map of California with Your Region Representatives

Michael Cooke
President
Member at Large

Benaye Cooke
Secretary
Region 2

Karen Miller
Region 3

Krisi Franzone
Region 6

Roy Rocha
Serg. At Arms
Region 8

Ralph Skoner
Vice Pres.
Region 12

Heidi Root
Region 1

Sherry McCollough
Region 4

Tom McCaugherty
Region 5

Barbara Altmann
Region 7

Steve Matschke
Region 9

Deanna Constant
Treasurer
Member at Large

Colette Madore
Region 10

Denise Lala
Region 13

Alternates: Nicky Fabyunkey (1), Steve Sharpe (2), Cary Sofey (5), Ryan Duncanwood (10)

People First of California Projects



2001 Outreach Project: Connected People First Chapters, built up People First leadership, and produced the People First Starter Handbook, a free guide to starting a new chapter.



2004 IPP Buddy System Project: Trains self-advocates to support and encourage other self-advocates to become leaders of their IPP meetings and learn to self-direct their goals and dreams.



2005 CA Memorial Project: Helping restore dignity to those who lived and died in CA Developmental Centers.



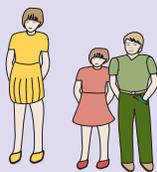
People First STAR Info Service: A magazine written by people with developmental disabilities. Free to PF members. Print out a form at our website.



Free Training & Informational Resources: Current and previous training and resource materials can be found by contacting People First of California at:

Wwww.peoplefirstca.org
(916) 552-6625.

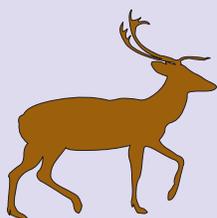
Introduction



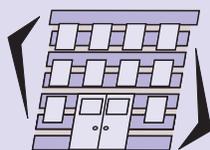
PEOPLE



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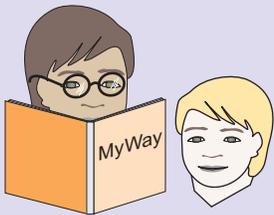
After the disaster of 9/11, self-advocates wanted to know how they could help their communities heal.

Through many special services provided by the community, people with disabilities have strived to be included in schools and at work. With the help we have received, we have succeeded in living, learning, and working in non-segregated communities.

Now we are searching for opportunities to work with others in supporting the needs of the community. It is our turn to “give back” and become recognized as valued members of the community.



Instructions



For Self-Advocate(s):

If you are interested in working with others on a community project or you would like to do volunteer work, this book can help you find where to go or who to call. As you read through the book, write down your thoughts, interests, and information on the lines. Write your own scripts by filling in the blanks.

For Facilitators/Advisors:

Please assist self-advocate(s) as needed:

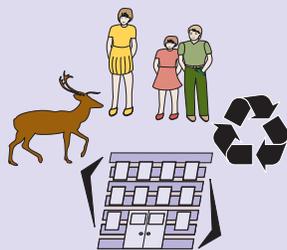
- Read and discuss each page with self-advocate
- Write self-advocate's thoughts and ideas in his/her own words
- Assist with Internet search
- Role play phone call and the meeting with self-advocate's own script
- Discuss and organize what materials to give the CSO Representative and assist in making a packet
- Support in arranging transportation
- Discuss what type of grooming, clothing, appearance, etc. One should use when meeting with the CSO.
- Discuss how to gather information such as taking notes or asking the CSO for printed materials to share with the group.

What is Community Service Inclusion?



Community Service...

Is when a person or a group of people volunteers to serve a community need, such as feeding and giving shelter to people who are homeless.



Community Service Organization (CSO)...

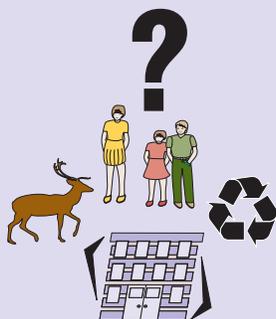
Is a group of people who work together on a project to help others in the community.



Community Inclusion...

Is when people with disabilities are accepted and encouraged to join in community activities.

Inclusion empowers a person with a disability to live and work in the community like everyone else.



Providing community service is important because:

- Empowers people towards a common goal
- Gives back to the community
- Brings all people together

Types of Community Service Organizations (CSO)



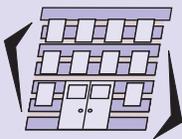
Environmental

There are groups like Green Peace who work to protect the water, air, and the earth from being destroyed.



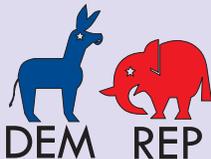
People

Shelters like the Salvation Army help abused or homeless people.



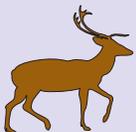
Disasters

Organizations like the Red Cross that help after a disaster like 9/11, hurricanes, and fires.



Political

Organizations like the League of Women Voters encourage citizens to vote by teaching them about the issues on the ballot.



Animal

Shelters like the SPCA help homeless pets and organizations like the National Wildlife Foundation protect wildlife from becoming extinct.

List any other types of organizations that help the community?

Deciding the Group's Service Interest



Environmental

- ___ Clean a beach, park, or neighborhood
- ___ Help protect clean water, air, & earth



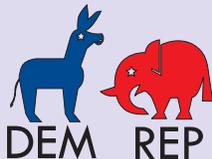
People

- ___ Collect food, clothing, or toys
- ___ Create and provide gift baskets
- ___ Teach disability awareness



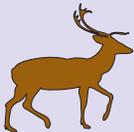
Disasters

- ___ Collect food, water, and household supplies
- ___ Collect money for supporting disaster victims



Political

- ___ Collect signatures to put an issue on the ballot
- ___ Register people to vote
- ___ Educate people on voting issues



Animal

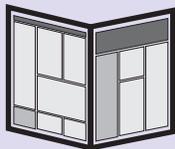
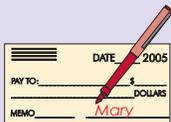
- ___ Volunteer at the animal shelter
- ___ Walk / run in a fund raising event
- ___ Protect wildlife

Other _____

Where to Find a Local Community Service Organization?



90210



White Pages/Business Listing

If you know the name of a CSO, call information (411) or look in the phone book. Look under headings like Social & Human Service, Housing Assistance & Shelters, or Humane Society.

Other _____

Websites

Do a search on Google or Yahoo: use keywords “community service organizations” or “volunteers.”

Community Service Organizations Listed by Zipcode

www.servenet.org

www.networkforgood.org/volunteer

Community Events/Fundraisers

Radio stations many support local charities and invite listeners to get involved.

Newspapers - look in the Local or Community section.

TV Community Service Station - this is a cable station that lists places looking for volunteers.

Role Play: Calling a Community Service Organization (CSO)



PF Member: Hello, my name is Susan Rogers. May I speak to someone about volunteering?



CSO Rep: This is Mr. Smith. I'm the President of the Santa Barbara Red Cross. How can I help?



PF Member: My name is Susan Rogers. I'm a member of the Santa Barbara People First chapter and I'm calling because our group would like to volunteer with your organization. Would it be possible to meet with you to discuss how we could work with your organization?



CSO Rep: What is People First?



PF Member: People First is a world wide advocacy group that is run by and for people with developmental disabilities. We learn how to speak up for our rights and how to live and work in our community. I can bring you more information if you would like.

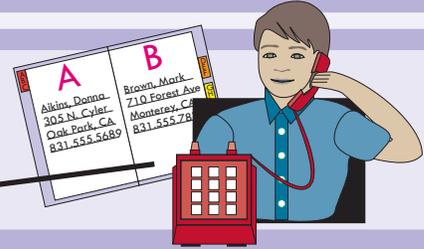


CSO Rep: Yes, I would. Can we meet at two o'clock Monday?



PF Member: Two o'clock Monday would be fine. Thank you. Goodbye.

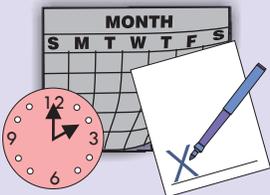
My Calling Script:



Receptionist may connect you directly or give information about who to contact.



When connected:



Be sure you have the person's name and title.

CSO Name _____

Address _____

Phone _____

Hello, my name is _____

May I speak to the person in charge of volunteers?

Name _____ Title _____

Hi, this is _____

from _____ (group name) Our People First group is interested in volunteering with your organization. I would like to schedule a meeting to visit your organization and talk about volunteering.

Write day/date and time:

Thank you. I look forward to meeting with you.

Role Play: Meeting with the CSO Rep



CSO Rep: Please tell me about People First.



PF Member: People First is an advocacy group run by and for people with developmental disabilities. We have a goal to find a CSO we can work with and do a project or activity that will allow us to give back to our community. We understand you have an annual food drive and we wanted to know how we could help you with it.



CSO Rep: That would be great. There is a planning committee that meets the first Monday of every month at 7 p.m. Could you come?



PF Member: Yes. Is there a person on the committee I could contact?



CSO Rep: Yes. Her name is Marcy Dowers. You can reach her by calling the company number.



PF Member: Thank you. Here are a couple cards with my contact information. Can you pass one on to Marcy?

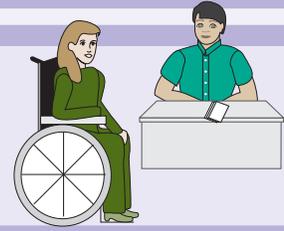


CSO Rep: Yes, I can.



PF Member: Thank you for meeting with me.

My Meeting Script:



Mission



Hello, my name is _____ and I
am a member of _____.

People First is an organization run by and for
people with disabilities.

Our goal is to do community projects, plan social
events and learn to speak up for ourselves. Our
chapter also _____

I (We) brought you some information about our
chapter (give written information).

I (We) understand that your group (tell what project
you want to do)

How can we help? _____

Who would be the contact person for that project?

Contact _____ phone _____

When are the planning meetings? _____

Thank you for your time. We will be in touch. 13

Follow-Up: Writing a Thank-You Note

SAMPLE

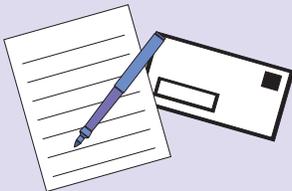


Dear Mr. Sharp:

Thank you for meeting and talking with me about our People First chapter working with your group on a community project. Our chapter looks forward to building a partnership that will strengthen the community.

Sincerely,
Andre Perl
Vista People First

THE THANK YOU NOTE:



Dear _____:

Thank you for _____

_____ I (We) hope _____

_____. Our chapter looks forward

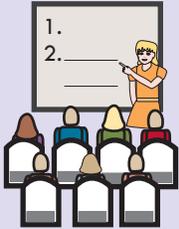
to _____

Sincerely,

Name or Group _____

Action List

Group Preparations



1. Learn about community service organizations.
2. Decide the group's interest
3. Find a CSO to match interest
4. Choose the spokesperson(s)

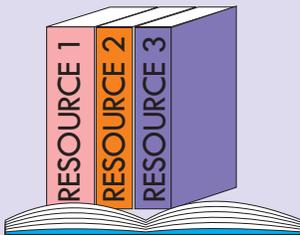
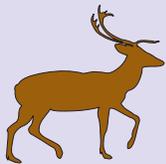
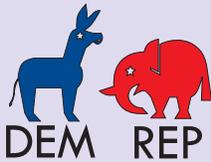
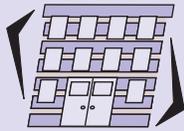
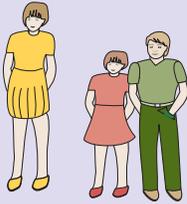
Spokesperson(s) Preparations



1. Call CSO
2. Ask for person in charge of volunteers
3. Get name and title of that person
4. Arrange time and date to meet
5. Write and practice what to say
6. Get directions to CSO
7. Get coordinator's name and number
8. Get dates and time of planning meeting
9. Arrange transportation
10. Decide what to wear
11. Arrive early (or on time) to the meeting
12. Ask for written info on the CSO
13. Write thank you note
14. Report back to group
15. Ask for help (if needed)

Internet Resources

PFCA does not necessarily endorse or support the following organizations. These organizations are used only as examples to help you start connecting with CSOs in your area.



Environmental (keyword: environment)

www.nature.org/volunteer/
(Select state at bottom of page)
www.sierraclub.org/ca/
www.greenpeace.org/usa/

People (keyword: volunteer)

dwp.bigplanet.com
(Look under United States/Nourish the Children)
www.networkforgood.org
(Click on volunteer then enter zipcode)
www.charitablechoices.org
(Click on "Charities Serving California")

Disasters (keywords: disaster help)

www.redcross.org
(Enter zipcode)

Political (keywords: political issues)

www.lwv.org
(Click on "Find a Local League")

Animal (keywords: animal shelters, wildlife)

www.aspca.org
(Click on "Lobby")
www.nwf.org
(Click on "Take Action" then "Volunteer with National Wildlife Foundation")

General Information and Local Resources

www.networkforgood.org/volunteer
(Enter zipcode)
www.servenet.org
(Enter zipcode)
www.csc.ca.gov
(Click on topic of interest)
www.volunteercentersca.org
(Click on "Volunteer Ops")
www.handsonnetwork.org
(Click on "Get Involved" at bottom, click on area chapter, and then "Volunteer" at bottom)

ACKNOWLEDGMENTS

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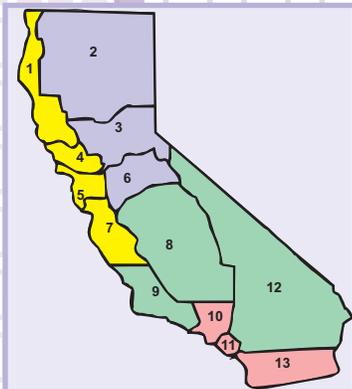
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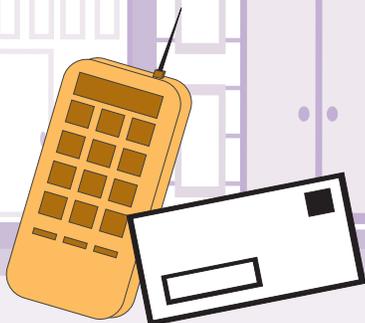
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Board Resource Center

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