

Advocacy

Learning about yourself

Let Me Try – our **Tech Ambassadors** webinar from 11/9/18 talks about the first steps of advocacy are knowing yourself. Click [HERE](#) to access the webinar recording and [HERE](#) to access a PDF of PowerPoint.



After introductory remarks, the content starts at 1:38, and you're welcome to fast-forward to that point. We talk about some activities that help you better understand yourself ("I AM" activity) and another ("Who Does What?" activity) that shows you what things you might have to learn to be more independent in your daily life. Here are PDF's of those two activities:

"I AM" Click [HERE](#)

"Who Does What?" Click [HERE](#)

The "I AM" activity can be done individually or with a group. You might want to show [this YouTube video](#) from the L'Arche organization that inspired this activity. No answer is wrong! The goal is to show the complexity of each person and not to be confined to one-dimensional labels (as advocates say, "label jars, not people).

The goal of the "Who Does What?" activity is to increase involvement in the activities of your everyday life instead of letting others do things for you. Of course, this is not meant to be a criticism, but rather a listing of the things you can do and those that you might like to try and learn, as your abilities allow.

We also talk about some apps in the "Let Me Try" webinar that helps a person break down a task into its component parts and the "Grateful" app that encourages you to be mindful of your day.

There are many other FREE recordings of our Tech Ambassadors webinars that you can access [HERE](#). They all deal with helping educate people about the potential of everyday personal technology to increase the independence and community integration of people with cognitive disabilities.