

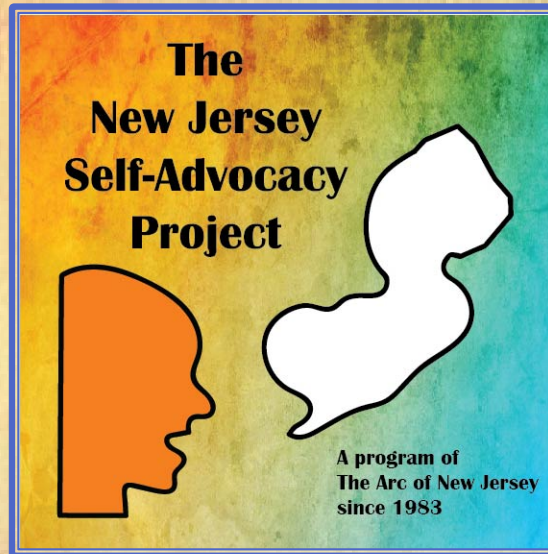


WHAT IS SELF-ADVOCACY?

Self-Advocacy is people with disabilities speaking for themselves.

With proper supports, people with intellectual and developmental disabilities (I/DD) are **empowered** to make life decisions, such as where they will live, what sort of career they will pursue, and how their medical care will be directed.

The New Jersey Self-Advocacy Project is dedicated to assisting people with I/DD in building **advocacy and leadership** skills.



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**Connect with us on
Twitter and Facebook!**

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

Facebook:

<https://www.facebook.com/NewJerseySAP/>



NJ SELF-ADVOCACY PROJECT

985 Livingston Avenue
North Brunswick, NJ 08902

The New Jersey Self-Advocacy Project

Promoting empowerment and independence in the lives of people with intellectual and developmental disabilities through education and awareness

A program of
The Arc of New Jersey
since 1983

The New Jersey Self-Advocacy Project is committed to providing self-advocates with resources, education and support to **positively influence** their lives and encourage them to speak on their own behalf.

NJSAP works to fulfill this mission by:

- Conducting **trainings** and leadership seminars for self-advocates and group advisors across the state
- Actively supporting the **150+** self-advocacy groups across the state, as well as assisting with various activities based on the goals of each group.
- Facilitating fundraising and public **outreach** initiatives
- Conducting presentations to **community** groups, schools and conference audiences
- **Educating** state legislators and decision makers regarding issues of importance to people with disabilities

Self-advocates **know their rights** and work to educate other advocates, legislators and the public on issues of importance to people with disabilities.

These issues include improving the public **transportation** system, using **person first language**, and providing **employment** opportunities and helping people **access supports and services**.

I am a Person First.

Words are powerful.

Please speak with respect.

Recognize a person's *humanity before their disability*.

Use This	Avoid This
Person with a disability	Disabled person
Person with a visual impairment	Blind person
Person with a hearing impairment	Deaf person

Educate: Members of the New Jersey Statewide Self-Advocacy Network interact with legislators on the local, state and federal levels to **educate** them on issues of importance to people with I/DD.

Cooperate: Self-advocates recognize the importance of **working together** to accomplish goals. The New Jersey Self-Advocacy Project works with self-advocates to plan and carry out various cooperative projects, public awareness events, and fundraising activities.

Participate: The New Jersey Statewide Self-Advocacy Network and the New Jersey Self-Advocacy Project **welcome** every person to join the movement! You do not have to be a member of a local group or affiliated with a local chapter of The Arc. Contact the NJSAP office for additional information about joining our mailing list and becoming an **independent advocate**.

The New Jersey Self-Advocacy Project

Moving Forward Together!