

The Riot!

Freedom Issue!

A National E-Newsletter from the Self-Advocate Leadership Network @ HSRI

What's Inside

Chet's Chat..... 2

Teresa Declares Independence..... 2

The Fight for Freedom 3

Songs of Freedom 3

Service Systems..... 4

Pigs Can Fly!..... 4

Summer Horoscope... 5

Ask Cubby..... 5

Million Dollar Baby.... 6

Crossword Puzzle..... 6

Craig Says..... 7

Cartoon by Jazzy 7

Crossword Answers ... 7

Riot! Action Page..... 8

We stand for FREEDOM!

John F. Kennedy

Subscribe to The Riot!

It's FREE

Go to...

www.hsri.org/leaders/theriot

The Riot! is more accessible!

Now in Rich Text Format

Freedom Rocks!

July 4 is Independence Day!

It reminds us that all over the country, people with disabilities are fighting for freedom. People are working hard to be the boss of their own life. Self-advocates are speaking their mind! They're demanding a good life. They are complaining when things are not right, or celebrating when things change for the better.

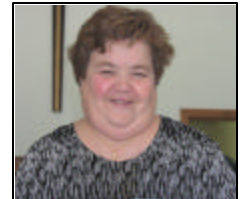
This is a lot like other people who fought for their rights. Not long ago women could not vote. And, children went to schools based on the color of their skin. Things have changed



because people fought for their rights.

Today, many self-advocates are fighting for their rights – and winning!

Marian West of New Hampshire is a winner.



Marian West Rocks!

Recently, she gave a speech at a big conference. Many people heard her speak about her life. She talked about self-determination and freedom. Marian says she *"knocked the socks off everyone."*

A few years ago, this was only a dream for Marian. She lived in an institution. It was not a nice place.

Today, she lives in her own place! She has a real job and has many friends. She also continues to fight for her rights and the rights of other self-advocates to have control over their own lives.

Go Marian! Every day you show us that Freedom Rocks!

Many Still Looking for Freedom

More and more self-advocates are living the life they want in the community. But, many are not so lucky. People still live in institutions. Many waste their days away in places they don't want to be. And many people can't get any services at all.

Yet, people with disabilities are told to be patient while they sit on waitlists and hope their turn soon will come soon. They are told that they're not "ready" to live in the community. Or

that there is no money to get them the support they need.

Enough already!

Nobody is free until we are all

free. Let's not rest! Self-advocates must speak their minds and take action until everyone is free to live their life in the community – just like everyone else!



**About
The Riot!...**

The Riot! is produced by the Self-Advocate Leadership Network at the Human Services Research Institute.

We work together with self-advocates to come up with ideas and write the stories.

Here's who "we" are:

Editor

Teresa Moore – Arizona

Contributors & Advisors

Ricky Broussard – Texas

Dayna Davis – Oregon

Chester Finn – New York

Cindy Helvington – Oregon

Erick Yeary – Idaho

Joe Meadours – Alabama

Eric Matthes – Utah

Nancy Ward – Oklahoma

Marian West – New Hampshire

Rory Beggin, Chicago

Cartoonist

Jazmyne Johnston – Oregon

At HSRI

John Agosta, Reena Wagle, Kerri Melda, Jaime Daignault

Chet's Chat



Chester Finn

Freedom is an important word in America. Everyone, including people with disabilities, wants to be free. Freedom for us, however, has rules. Recently, a self-advocate, who lives alone in an apartment, called to tell me that his provider agency insists that he lets them know before he goes out. Is this being free?

We are also asked to take the "ready to be free test." Do you know anyone without disabilities who has taken this test? I didn't think so. We often have to prove that we are ready for freedom and independence and that we know how to be safe. But shouldn't we decide when we are ready? Deciding when to take chances is part of being free.

Self-determination is one way to get freedom. It is a way for people to get what they want, not what the system thinks they should have. Federal and state governments

have put money into programs supporting self-determination. But have these really helped us?

The answers to these questions are mixed. Some states support self-advocates in their movements while others do a poor job.

States doing a good job have asked self-advocates what helpful support is and developed programs that work for people. This makes supporting people easier because professionals don't have to guess how to give support. These programs help people get lives. In other states, self-advocates sit on the sidelines while professionals make all the rules. People with disabilities in these states get programs not lives.

Though we have come a long way, we still have work to do. If we don't keep demanding what we want and need, we will go back a long ways.

Teresa Declares Independence

The Declaration of Independence was published on July 4, 1776 because people thought *freedom* and *independence* were worth making a stand for. I think they are still worth a fight.

When I first declared independence, my family and friends were surprised—even shocked! They didn't think I could be independent - I have a disability.

But that did not stop me. Now that I am independent, I thought I would renew my declaration. I declare that I have the right to:

- Be treated just like everyone else – with dignity and respect.
- Life—a life that belongs to me.
- Liberty—to go wherever and do whatever I please, and be proud of it.
- The pursuit of happiness—and by this I mean

more than just a smiley face on a satisfaction survey.

- Feel safe and happy—without losing my services because someone thinks I don't need them anymore.
- Protection—without being put 'in the box'.
- Work—and get paid for it.
- Have loving relationships—without supervision.
- Own things and take care of them.
- Have pets (should I even have to declare this?!)
- Refuse to pay a "compliance tax" (*give in or give up*) in exchange for services.
- March with self-advocacy troops and exercise my rights everyday (instead of a schedule decided by someone else!)
- Change my declaration at any time.



Teresa Moore

The Fight for Freedom

People with disabilities want freedom. We want the freedom to make choices, to make friends, and to make mistakes. We want the freedom to have control over our lives, and to decide where we live, who we live with, where we work, and what we do with our free time. We want the freedom to vote, and we want the freedom to shout out loud when someone treats us unfairly. Is that too much to ask? It shouldn't be.

Nowadays, most people in the United States have all these freedoms. But it wasn't always that way.

- 200 years ago, African-Americans were slaves – and they had no **rights** or freedom.
- 100 years ago, women were not allowed to **vote**.
- 50 years ago, black and white children were not **free** to go to the same schools.
- 30 years ago, children with disabilities were not entitled to a free public **education**, and
- 15 years ago, we did not have legislation to make society more accessible to people with disabilities.

These things have changed, thank goodness. We no longer have slavery. Men and women have the right vote. Kids of all colors, with and without disabilities go to school together. And thanks to ADA (the Americans with Disabilities Act), people with disabilities have greater access to jobs,

services, businesses and transportation than ever before. Now, more than ever before, people have freedom to live their lives the way they want.



Who doesn't have these freedoms?

Well...prisoners don't. They lose their freedoms when they commit a crime and go to jail. In jail, they're not allowed to vote. They're not allowed to decide where they live or who they live with. They don't decide when they eat, when they go to bed, or when they can make phone calls. Other people—the prison guards— make all these decisions for them.

Does any of this sound familiar?

Have you heard any stories about what it's like to live in an institution? Do you know anyone who lives in a group home where the staff make all of these decisions?

Isn't it time for people with disabilities to be treated like people...not prisoners?

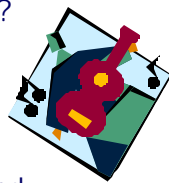
Sure...we've made a lot of progress, but none of this progress came easily. It took advocacy, arguments, riots, sit-ins, and even war to make some of these changes happen. And each fight/civil rights movement had a leader. Abraham Lincoln, Susan B. Anthony, Martin Luther King, Jr. and Justin Dart were all civil rights leaders.

Who will be the leader of our next fight for freedom? Will it be you?

Songs of Freedom

People have been writing and singing songs of freedom for centuries. Do you recognize these lyrics?

1. We shall overcome
We shall overcome
We shall overcome some day
2. This land is your land, this land is my land
From California, to the New York Island
From the redwood forest, to the gulf stream waters
This land was made for you and me.



3. Yes, 'n' how many years can some people exist
Before they're allowed to be free?
Yes, 'n' how many times can a man turn his head,
Pretending he just doesn't see?
The answer, my friend, is blowin' in the wind,
The answer is blowin' in the wind.
4. Get up, stand up: stand up for your rights!
Get up, stand up: stand up for your rights!
Get up, stand up: don't give up the fight!
5. O say, does that star-spangled banner yet wave
O'er the land of the free and the home of the brave?

Scientists Say Service Systems Can Change



In a land far, far away, we joined an interview already in progress. We spoke with self-advocates, Letme Out, Board

Todeth, Same Olthing, and two Scientists, Ima Tellinya and Itsa Fact. Read what they said about service systems and change.

Ima Tellinya said, "Without question, service systems can change to help people live in the community and be the boss of their own lives."

Itsa Fact agreed. But the self-advocates did not believe these findings.

"I don't believe it. I have been living in a state institution for 20 years now and everything is just the same," said Letme Out from Texas.

"You gotta be kidding me! I've been sorting nuts and bolts since I started working here!" said Board Todeth from a workshop in Virginia. "

Things never change around here!" said Same Olthing from Arkansas.

Itsa Fact replied, "Well, it's true. Things are better than they used to be. Things do change!"

These scientists said that more and more people are living their lives in the community. Nine states do not have a state institution anymore.

Thousands of people have real jobs in the community. And thousands more own a home.

But, Ima and Itsa say there is still a lot of work to do. "Some people don't want things to change, or think that things can't change." Itsa gave us an example. "Yes, some people still say whacky things about people with disabilities. Itsa, what are the top **10 whacky things** that people say?" Itsa Fact read the list to us:

1. Self-advocates can't live in the community because they don't know how.
2. Self-advocates should not go on dates because they could get into "trouble."
3. Some people with disabilities will always need

to live in an institution.

4. Self-advocates can't really hold a job... they need to stay in the workshop.
5. Bedtime in the group home should be 9 pm because "they" need their rest.
6. Living in a group home with 11 other people isn't so bad, is it?
7. Everything was fine until people got their rights, then the whole system went bad.
8. People with disabilities can do anything if they just try a little harder.
9. The institution is a good, clean place to live. Who wouldn't want to live there?
10. All self-advocates will be able to live in the community, **when pigs can fly!**

So there you have it. After years of research, scientists have shown us that systems do change, but not for everyone. And we learned that people still say whacky things about self-advocates.

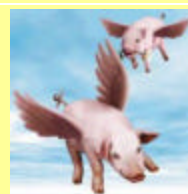
The scientists finished their report by saying, "As far as we can tell, things have changed but there is still a lot of work to do everywhere. Self-advocates will need to keep trying hard to change things so everyone can live in the community and be the boss of their life."

Now, that's one thing that has not changed! Stay tuned to the Riot! for more news from the universe.

News Flash: Pigs Can Fly!

Believe it or not, The Riot! has learned that pigs really can fly!

As reported in the *Weekly World News*, a litter of pigs with wings was born in Kansas this year. The pigs have grown and have learned to use their wings. Right now, several of these pigs can be seen flying free across the Kansas skies.



So, if anyone says that self-advocates will be able to live in the community "when pigs can fly," you can tell them that they do!

Summer Horoscope



A horoscope predicts the future based on the position of the planets and your birth date. Find the sign that fits with your birthday. Then read on to find out what's in store for you!

Aries (March 21-April 19): Are you struggling to be independent? Remember—you can get by with a little help from your friends.

Taurus (April 20-May 20): Do you have enough freedom in your life? Sometimes you need to speak up to get what you need.

Gemini (May 21-June 20): It's time to make your dreams come true. Get off your duff and do something about it!

Cancer (June 21-July 22): I see fireworks in your future. But it depends on you. What do you want? When you decide—go for it!

Leo (July 23-Aug. 22): Friends and family are important to you this summer. Spend time with

people who make you feel happy.

Virgo (Aug. 23-Sept. 22): Are you ready for more responsibility? Imagine the possibilities and take a step. You'll never know until you try. So try!

Libra (Sept. 23-Oct. 22): The stars say you will make an important decision this summer. Think it over carefully. What choice is best for you?

Scorpio (Oct. 23-Nov. 21): It's time for change. What do you need in your life? A new job? A new friend? A new hobby? A new romance?

Sagittarius (Nov. 22-Dec. 21): You've worked hard to reach your goals. Get your family and friends together to celebrate your success!

Capricorn (Dec. 22-Jan. 19): Are you tired of listening to what others think? Express yourself! Say what's your mind!

Aquarius (Jan. 20-Feb. 18): This summer you will accomplish a goal. Way to go! Use your success to help someone else.

Pisces (Feb. 19-March 20): Are others making decisions for you? Speak up and take charge of your life. Feel the power!

Need Romance Advice? ...Ask Cubby!

Dear Cubby: My boy friend wants to go to baseball games a lot. It's very hot outside. I don't want to go. He seems to like all sports and I don't. Should I tell him not to go to the games?

— *Lonely in Dallas*

Dear Lonely: He is a guy and a lot of guys like sports. Talk to him about how you feel. Here's my advice: Next time he goes to a game, go have fun with your friends. Tell him to call you on your cell phone if he misses you. Maybe you'll answer. Maybe you won't because you're having too much fun!

Dear Cubby: What are your plans this summer? Are you going to have any fun?

— *Curious in Newark*

Dear Curious: I will try to keep giving people "love tips" and help them with their problems. I will do some traveling too. Maybe I'll stop in Chicago to

see my fans. I'll also visit my brother in Texas. I have fans there too!

Dear Cubby: I am a twenty-one year old woman. I am having trouble finding guys. I would like to have a good boyfriend. Can you help me?

— *Looking in Tucson*

Dear Looking: Believe it or not, lots of guys are looking for someone just like you! Keep your eyes open! Keep doing fun things where you meet a lot of people. You never know what will happen. Every day is a new day.



Want Advice From Cubby?

Send your question to him at our address on page 8 or send an email from our website:
www.hsri.org/leaders/theriot

Craig Says... "July Picnics Stink!"



Don't let anyone tell you that July is a "fun" month. There is way too much to do. And a lot of things to do happen outside in the hot sun. I hate that! But what really stinks is July 4th picnics. It stinks because all in one day you

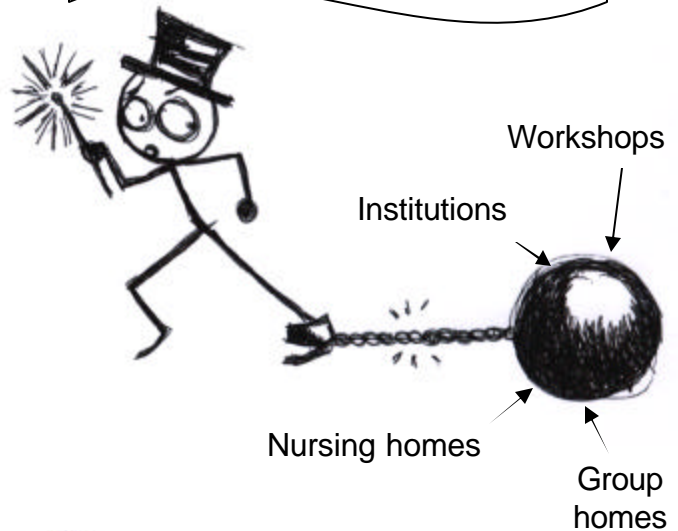
have to go to a picnic AND watch fireworks later in the dark. To make it even worse, during the day you probably have to play softball and eat. Can you believe it? Hot dogs. Hamburgers. Chips. Potato salad. Cole slaw. Corn. Pie. Soda pop. Where's the pizza?

In fact, don't you just hate July picnics? Think about it... Here's what can go wrong...

- *It can get way too hot.* And there you are, sweating and wishing for an air-conditioner.
- *You can get a sunburn.* Now, that's just what I need. Where's the sun screen?
- *People make you play in a softball game.* And what? Get around the bases in the hot sun?
- *You sit down on a picnic blanket and you end up with ants in your pants.* I hate when that happens! Maybe I should wear shorts!
- *You eat some corn on the cob and the corn gets stuck in your teeth.* Why aren't there ever any toothpicks?
- *Your girlfriend runs off with another guy.* What? Wasn't I any fun to be with?
- *The fireworks start too late and are too loud.* Where are my ear plugs? And my bed?

Take my advice. Stay away from picnics. Especially on July 4th. You don't need to go to all that trouble to celebrate Independence Day. Besides, freedom is not a picnic in the park. Freedom is in your heart. Freedom is being the boss of your own life. Freedom is living the life you want with the supports you need. We should all be free. Don't you agree?

Happy 4th of July!



What keeps you from being free?

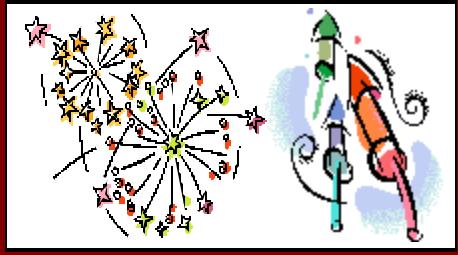
Jazzy ★

Represent The Riot! in **RIOT GEAR**

Get your RIOT GEAR T-shirt at the Alliance for Full Participation at booth 167!

Crossword Puzzle Answers

I	N	D	E	P	E	N	D	E	N	C	E	L	E	B	R	A	T	I	O	N
N																				A
V	H	A	P	P	I	N	E	S	S	A	T	I	S	F	I	E	D			T
O	E																			R
L	A																			I
V	L																			O
E	T																			N
M	H																			A
E	U																			M
N	M																			O
T	B																			L
O	S	E	L	F	D	E	T	E	R	M	I	N	A	T	I	O	N			I
R																				B
S	U	C	C	E	S	S	K	I	E	S	A	M	A	D	V	O	C	A	C	E





The Riot! Action Page

Self-Advocates Speak Up! and Speak Out!



Hey self-advocates, parents, policymakers, state leaders, and providers too!

This issue is about freedom, how some services and systems have changed to give self-advocates freedom, and how some have stayed the same. How are things in your state? Look around and ask some tough questions.

1. Have you worked to make change? Or are you happy with the way things are?
2. Do you know how many self-advocates are living in nursing homes and institutions in your state? Is this okay with you?
3. Are you or self-advocates you know stuck in group homes without the freedom to choose what to do and where to go when you want... like everyone else? Is this okay with you?
4. What about day programs and sheltered workshops in your state? Do you really think people want to waste their time and potential sitting in places like these?
5. How much freedom do self-advocates have in your state, town, or community? What do you think? Are you satisfied with the way things are? What are you going to do about it?

Talk it up.... Have yourselves a regular Riot!!!

Many Voices One Vision

The Alliance for Full Participation conference is happening this September 22nd and 23rd in Washington DC. This event will be the first time ever that hundreds of self-advocates, professionals, and others from all over the country are getting together in one place to support what self-advocacy is all about:

- * Being integrated into your community—not set aside in institutions and other places;
- * Living a fulfilling and productive life;
- * Being the boss of your own life; and
- * Participating in your community in the way that you choose.

Are you going? There's still time to register on line at: www.allianceforfullparticipation.org

The Riot! will be there!
Visit us in booth #167.

Contribute to The Riot!

Would you like to support The Riot!? You're in luck! You can contribute to the Riot! online by using Pay Pal at: www.hsri.org/leaders/theriot.

Checks can be mailed to:

The Riot! c/o HSRI
 7420 SW Bridgeport Rd #210
 Portland, OR 97224

Make checks
 payable to
 HSRI

Booth # 167:

Get your

RIOT GEAR

T-shirt here

The Alliance for Full Participation conference
 September 22-23