

Accompanying Materials

Written materials prepared to accompany the *I Belong Out There* video are produced in a *camera-ready* format, to allow the purchaser to make crisp copies for use as overheads or handouts for various audiences. Each packet contains the following:

Suggested Uses for This Video (inside front cover)

Values Checklist

- Social Skills: a Major Component of Community Survival Skills
- Friendships & Natural Supports (2 pages)

Recreation & Fitness Ideas

Hobby & Craft Ideas

Training & Education Ideas

Volunteering & Helping Others

- Integrated Recreation is a Right, Not a Privilege Clyde's Poem
- Resource List (2 pages)
- Speakers Bureau (inside back cover)

Clyde Yoder — Speaker/Consultant (outside back cover)

The video, *I Belong Out There*, and accompanying written materials are protected by copyright. Irene M. Ward & Associates hereby grants to the purchaser of single product sets of this training package, the right to duplicate the written materials for internal use within their company, organization or school, or for use in community awareness training, as long as the author's name remains on the materials. Duplicating, copying or broadcasting of the video is specifically prohibited without prior authorization from the Executive Producer.



Suggested Uses for this Video

Possible Audiences

ng
3
r

Other Materials

There are a number of resources included with this video. Many are printed on slick *camera-ready* paper to enable you to make clear copies as handouts. Suggestions include:

Select the appropriate handouts for each particular audience.

- Review the *Resource List* to see if there are additional materials you may want to access for your library.
- Use the idea checklists to help generate interest with people who aren't sure of what they'd enjoy doing.

This video was funded in part under P.L. 101-496 in accordance with the goals established by the Ohio Developmental Disabilities Planning Council (ODDPC) and administered by the Ohio Department of Mental Retardation and Developmental Disabilities (ODMR/DD). Endorsement by the ODDPC and/or the ODMR/DD is not necessarily inferred.



Values Checklist

Directions:

Place a check mark next to the values and principles you believe were presented in the video or with the accompanying training materials.

People should choose their own activities.
If you're not sure of what you want to do, experiment or ask for assistance.
A sense of belongingness is important to everyone.
Friendships build when people are doing the things they like doing.
Living close to the things you like doing is important if you have transporta-
tion difficulties. Therefore, the location of housing is an important choice.
Self-advocacy works.
School integration carries over into community integration.
Recreation is a right (not a privilege).
Community members have the capacity to support people in natural ways.
Local recreation centers offer lots of good activities.
There are many ways to get around, transportation-wise, in your community.
Places of worship offer many opportunities to meet others and be involved.
Volunteering is a way to help your community and make new friends.
If you run into obstacles, ask for help and never give up!
Advocates, family, friends and the "system" can help people access their
communities.
Community members have much to learn from people with disabilities.
What you do for fun should fit into your personal budget.
Taking classes or going to seminars is a great way to learn new skills and
meet new people.



Social Skills: A Major Component of Community Survival Skills

- Encourage people to approach places on their own as much as possible. Only jump in with supports or assistance when needed or asked.
- Use your imagination! Never give up on a kid or an adult.
- Celebrate successes and achievements but also allow people to back out of things they no longer enjoy doing.
- Check out the person's place of worship.
- Get families or extended families involved as much as possible (with the person's permission).
 - Make sure people have optimum opportunities to socialize with their peers (without disabilities) in positive ways.

Social Skills Accumulate and Build as a Person's Experiences Grow

 Community integration is a right, not a privilege! Throw out "readiness models."

- If an individual is unsure, try exposing them to a broad cross section of people and experiences. (The law of averages applies.)
 - If a person is non-verbal, watch for the sparkle in their eye. They'll tell you where they want to be.
 - Create opportunities by strategizing with the person, their friends or significant others. (Let the person choose who.)
 - Build connections based upon the things the person enjoys doing and can do.
 - Link people with others who have similar interests.
- There's no such thing as an inappropriate kind word or positive observation about a person's strengths. Say it!



Friendships & Natural Supports

Integration, community support, mainstreaming and full citizenship are descriptive words or phrases that seek to encompass the outcomes advocates would like to see occurring around the country. But our sense of community only truly begins when we have a sense of belongingness. This is true for all people, whether they have a disability or not.

However, simple freedoms like going to the store can be beyond the scope or experience of many individuals if they don't have transportation or are unable to get through an entranceway due to architectural barriers. Participation in activities selected by an individual can also be hampered by systems designed to serve large groups, not personal choices.

Many people with disabilities lead isolated lives. Segregated schools, segregated places of work, poor access, such as a lack of transportation, outright affordability, and other factors have contributed to this isolation.

Opportunities for friendships, other than those associated with other people with disabilities or paid caregivers, are often severely limited.

Independent living centers, advocates, family members, school teachers, case managers, job developers, residential support staff and others who value integration, are encouraging and enabling broader community participation through a variety of means, based upon the unique and expressed wishes of each individual.

Friendships & Social Skills

New friendships are developed when we share experiences and activities with others. These interactions happen in natural ways when two or more individuals are active participants. Ultimately, friendships blossom when people are doing the things they enjoy doing.

Community connections and friendships provide previously isolated people with valued social roles. They also provide opportunities for self-expression, creativity and fulfillment. But friendships are like banks: if we don't make deposits, we can't make withdrawals.

Our personal social skills interrelate with friendships, too. Community integration can enhance the social skills of people who have been previously isolated. And social skills accumulate as people gain new experiences. In fact, studies have shown that social skills are a predictor of vocational capacity. In other words, our ability to socially interact well with others impacts our overall employability.

This is why full school integration is so very important. Children with and without disabilities both benefit when they have the opportunity to interact and share similar experiences beginning in their earliest years.

Natural Supports

The term *natural supports* has been used in the rehabilitation field to describe something that occurs when people find acceptance and support in the places they want to be. A person is supported through the natural outgrowth of friendship or belongingness, rather than through artificial means provided by a "system" or "program."

A good example of natural supports is Clyde's church. Clyde isn't herded into a "special group" of people who have "special activities." Clyde participates in the activities of his choosing. He is welcomed and accepted just like all the other members of his congregation. It's very natural. Clyde belongs. He's a member.

Another good example is Clay's bowling partner, Suzanne, in the *I Belong Out There* video. Suzanne gives Clay a ride to the bowling alley every Friday night. She does this because Clay is on her way, Clay is a member of her team, and besides, that's what friends and teammates do for one another.

The term *natural* can also mean "through the same method that others use." Is it natural for an adult to ride a yellow school bus to work? No. Is it natural for an adult to walk, take a van, cab, public transit, train or ride-share to work? Yes.

It is natural to make and receive phone calls from friends. It is also natural to go out to dinner or a show, exchange gifts, share problems and send birthday cards to one another. Bottom line, friends support and help each other at various levels, depending upon the depth of the friendship.

Expanding Circles and Choices

The more we do, the greater the chance that we will meet people we enjoy being around. Any advocate can encourage or support experimentation with a variety of activities. That is what is meant by expanding our circle of friends.

Because many people served in programs and systems have been isolated, they may not be able to tell family or staff what it is they enjoy doing. They may have limited experiences with the wide range of choices available to them. It may take some experimentation to uncover the places or people they enjoy being around.

The checklists that accompany this video provide a few basic ideas that can be built upon, when an individual is unsure of what they would like to do. Make copies of the camera-ready sheets and share them with the individual.

If an advocate, caregiver or family member is accompanying an individual, they can help facilitate connections with others in a number of creative ways. The important thing to remember is to avoid being overly protective. Fade into the background as quickly as possible to allow the person to mix in naturally.

Read up on ways you can facilitate positive community experiences. There are a number of resources outlined in a separate *Resource List* that accompanies this video.

Visitability

Last but not least, friends visit friends in their homes. Become an advocate for at least one accessible entrance and bathroom in all new homes built in your community. Support housing programs that refurbish old neighborhoods with the same principles. The cost is minimal and everyone benefits. If you're not sure, order the *Concrete Change* video outlined in the *Resource List* that accompanies this training packet.



Recreation & Fitness Ideas

☐ Archery	☐ Karaoke
☐ Aviation	☐ Kite flying
☐ Baseball	☐ Marbles
☐ Basketball	☐ Martial arts
☐ Bike riding	☐ Miniature golfing
☐ Billiards (pool)	☐ Motorcycling
☐ Boating	☐ Nature walks
☐ Body building/weight lifting	☐ Picnics
☐ Bowling	☐ Ping pong
☐ Boxing	☐ Racquetball
☐ Camping	☐ Rock climbing
☐ Canoeing	☐ Roller coastering
☐ Croquet	☐ Roller skating
☐ Dancing	☐ Sailing
☐ Exercise/calisthenics/aerobics	☐ Scuba diving
☐ Fencing	☐ Shuffleboarding
☐ Fishing	☐ Skateboarding
☐ Football	Skiing (water or snow)
☐ Frisbee	☐ Snowmobiles
☐ Golfing	☐ Soccer
☐ Gymnastics	☐ Softball
☐ Hiking/backpacking	☐ Surfing
☐ Horseback riding	☐ Swimming
☐ Horseshoes	☐ Tennis
☐ Hunting	☐ Volleyball
☐ Ice hockey	☐ Walking/power walking
☐ Ice skating	☐ Water polo
☐ In-line skating	☐ Wrestling
☐ Jogging/running	



Hobby & Craft Ideas

☐ Antiques and collectibles	☐ Glass blowing/stained glass
☐ Astrology	☐ Herbs, flowers, spices (drying)
☐ Autograph collecting	☐ House plants/tropical plants
☐ Backpacking	Jewelry making
☐ Baking/cooking	Leathercrafting
☐ Baseball card collecting	Memorabilia/collecting
☐ Basket weaving	☐ Model building
☐ Batiking/tole painting	Monogramming
☐ Bird watching	Painting (watercolor/by numbers)
☐ Candle making	Paper making/papier mâché
☐ Caning	Photography
☐ Canning	Postcard collecting
☐ Carpentry	Puppet making
☐ Cats (collecting, raising)	☐ Raising birds/rabbits/other animals
☐ Ceramics/pottery	☐ Reupholstering
☐ Clay modeling	☐ Rock collecting
☐ Coin collecting	☐ Rug making/hooking
☐ Copper tooling	☐ Screen printing/stenciling
☐ Crocheting/knitting/needlework	☐ Sculpturing
☐ Dogs (collecting, breeding,	☐ Sewing/quilting/dressmaking
grooming)	☐ Shell collecting
☐ Doll collecting	☐ Short wave radio/ham radio
☐ Drawing/sketching	☐ Stamp collecting
☐ Embroidering	☐ Star Trek collecting
☐ Fish aquarium	☐ Videography
☐ Flower arranging, pressing	☐ Weaving/macrame
☐ Furniture refinishing	☐ Wreath making
☐ Gardening/landscaping	☐ Woodworking
• •	



Training & Education Ideas

☐ Art classes
☐ Ceramics/pottery classes
☐ Computer lessons
☐ Continuing education classes
☐ Cooking classes
☐ Drama classes
☐ First aid/CPR training
☐ Gardening classes
☐ Golf lessons
☐ Historic sights
☐ Karate/Kung Fu
☐ Languages (learning)
☐ Library trips/programs
☐ Mechanics training
lacksquare Museum trips/activities/classes
Music appreciation lessons
☐ Nature classes
☐ Pet care/training
☐ Piano lessons
Public speaking classes
☐ Recycling/composting classes
☐ Self defense classes
☐ Ski lessons
☐ Swimming lessons
☐ Typing classes
☐ Voice lessons
☐ Woodworking classes
☐ Writing courses

Lifelong Learning

Encourage lifelong learning and skill building among the people you know or serve. Every community has training and educational opportunities.

Notification of adult education classes sponsored by schools or parks and recreation departments are mailed at various times of the year. Make sure you are on mailing lists for advanced notification. Or, regularly check the community calendar in your local newspaper for announcements.

Community colleges and universities often provide non-credit courses on special interest topics that are worth exploring. Specialty stores (crafts, hardware, and others) also offer "how-to" courses.

Supported Education

Formal education for college course credit represents a sizable investment or planning effort for many individuals. People who have indicated a desire to further their education can be provided with immediate access to educational opportunities with area colleges, universities, trade and technical schools.

Timely access to these opportunities can be achieved with some advanced planning by developing and supporting cooperative agreements that allow people to audit a class, even in mid-session, to provide exposure to an academic environment prior to lining up the financial aid needed to attend for course credit.



Volunteering & Helping Others

Giving back to our community is a timehonored tradition. Our participation can take form as part of an organized effort, such as a formal volunteer program with a homeless shelter, food bank, hospital or association. Or, it can be an individual commitment such as a daily visit with an elderly neighbor who can often use an extra hand.

People who have expressed an interest in helping others can be matched with community opportunities based upon their personal interests and available time.

Much like other hobbies and special interests, volunteer work offers an excellent opportunity to meet new people and make lasting friendships. As Clyde Yoder said in the video, *I Belong Out There*, "I have friends here in my community . . . most of them I met on my own, in my free time when we were both doing the things we enjoy."

If an individual isn't sure of where they would like to start, try checking with their place of worship. Churches, synagogues, mosques and temples regularly offer opportunities for people to reach out to others.

There are countless ideas to choose from. A few ideas to get you going are outlined in the next column.

Animal shelters
☐ Car pools
☐ Coaching or supporting children's
sports
Food banks and kitchens
Habitat for Humanity projects
☐ Home visitations
Hospitals or nursing homes
Independent living centers
Litter pickup
☐ Museums
Neighborhood Watch programs
Public libraries
☐ Senior programs
Shelters for the homeless
☐ Toy collection drives
☐ Walk-a-thons and other events for
your favorite charity
☐ YM/YWCA activities and camps
□ Zoos

Important Note:

Volunteering can lead to a paid job! Many people entering (or re-entering) the job market have found it very satisfying to first, locate something they like doing. Through volunteering, they gain insights into how things operate and meet valuable insiders. Through networking, they often hear about an opening before it is even advertised. They also have the added advantage of knowing people who make the hiring decision! (That's what is meant by the informal job market.)



Integrated Recreation is a Right, Not a Privilege

"Leisure is the most precious expression of our freedom . . ." (Bregha, 1985)

We all do things in our spare time for the enjoyment or satisfaction it brings us. As we gain new experiences, our leisure preferences and interests expand and get crisper.

Community integration means active participation. Below are a few tips for advocates, families and systems to consider, depending upon each individual's situation.

- Always ask the person what they want to do.
- ☐ Encourage experimentation!
- ☐ Staff's role, when needed, should be that of a problem solver, builder, broker, connector or inventor (Campbell, 1989, Amato, 1995).

 Use your imagination!
- ☐ For people who are non-verbal: try picture/communication books that contain photos, gestures and signs to promote active conversations. Pictures should reflect the interests and activities of the person and their peers. Regularly change or rotate the content to keep the material fresh and pertinent to the broader interests of the individual (APSE October, 1994 newsletter).

Other Fun Activities

	Acting
	Barbecues
	Beachcombing/shelling
	Bingo
	Board games
	Card games
	Church participation
	Circus/zoos
	Comedy/clubs
	Computer games
	Concerts
	Electronic games
	Festivals
	Flea markets
	Garage sales
	Ice cream socials
	Magic
	Musical instruments
a	Music performances
	Opera
	Poetry
	Puzzles (doing, contest)
	Reading
	Shopping
	Sightseeing
	Singing in a choir or group
	Style shows

□ Theater

Travel



Clyde's Poem

Hey Bud, stick around, Don't turn off the set. Clyde isn't quite out of fun ideas yet.

Head to a museum and see some great paintings, Go jog with a dog or take up skating.

Or fishing's always fun ...unless you're a fish. Or you can gaze at the stars and then make a wish.

Take up photography...
Have fun in a flash!
Visit amusement parks...
make a big splash!

Or take a trip to the beach if it's not too far. Collect cuddly animals ...or make model cars.

Volunteer at the library ...help with the books. Or work for a candidate... "I am not a crook!"

Learn how to needlepoint Learn how to sew, Or learn how to get pretty flowers to grow.

Or you can do like me and start reading poems, But whatever you do get out of your home

And get OUT IN THE COMMUNITY! Hey, I'm out of MY chair Because just like you "I belong out there!"

Resource List for Recreation, Integration & Advocacy

Consortium for Collaborative Research on Social Relationships

Dr. Luanna Meyer School of Education 150 Huntington Hall Syracuse University Syracuse, NY 13244-2340 (315) 443-9651

- Inclusive Schools and Communities for Children and Youth with Diverse Abilities
- Call or write for a listing of available materials

Communitas, Inc.

Community Inclusion Booklets and Resources P.O. Box 374 Manchester, CT 06045 (203) 645-6976

One Candle Power: Building Bridges Into Community Life for People with Disabilities

- What Are We Learning About Circles of Support?
- Dare to Dream

Person-Centered Development

Center on Human Policy

Syracuse University 200 Huntington Hall, 2nd Floor Syracuse, NY 13244-2340 (315) 443-3851

Many resources and reports on Community Integration

ABLEDATA

8455 Colesville Road, Suite 935 Silver Springs, MD 20910 (800) 227-0216

A comprehensive resource that can locate and compare assistive technology products for people, their families, agencies, schools and businesses. More than 19,000 products on file, including adapted toys, games, home and leisure, and work-related products.

Inclusion News

Marsha Forest & Jack Pearpoint, Ed. Centre for Integrated Education and Community 24 Thome Crescent Toronto, Ontario M6H 2S5

Training Resource Network, Inc.

P.O. Box 439 St. Augustine, FL 32085 (904) 823-9800

Reach for the Dream! Developing Service Plans for Persons with Disabilities \$20/50 pages 8 1/2" x 11"

Concrete Change

1371 Metropolitan Ave. SE Atlanta, GA 30316 (404) 378-7455

 Building Better Neighborhoods, a 15minute video showing how easy and inexpensive it is to build "visitability" into all homes. Only \$24 (includes postage and handling).

Paul H. Brooks Publishing

P.O. Box 10624 Baltimore, MD 21285 (800) 638-3775

A large selection of books about recreation, friendships and community integration.

Kaleidoscope: International Magazine of Literature, Fine Arts & Disability 326 Locust Street Akron, OH 44302 (216) 762-9755

Mouth

61 Brighton Street Rochester, NY 14607 (716) 442-2916 (Fax)

Mouth is an off-the-wall "Voice of Disability Rights" magazine published six times per year. Send SASE for information.

AAMR Religion Division

UMDNJ Brookwood II 45 Knightsbridge Road P.O. Box 6810 Piscataway, NJ 08855-6810

A great resource for anyone interested in developing natural supports among places of worship.

Silent News

Silent News, Inc. 1425 Jefferson Road Rochester, NJ 14623-3139 (716) 272-4900 (TTY) (716) 272-4904 (Fax)

Monthly newspaper about persons who are deaf and the issues that affect them.

National Council on Independent Living (NCIL)

2111 Wilson Boulevard, Suite 405 Arlington, VA 22201 (703) 525-3406

To obtain the name of a Center for Independent Living (CIL) near you, call NCIL.

The Disability Rag & Resource

Advocado Press P.O. Box 145 Louisville, KY 40201

Another publication devoted to disability rights published six times per year. Send \$4 for a sample issue.

Incitement

1339 Lamar Square Drive #B Austin, TX 78704 (512) 442-0252

A free publication/newsletter of ADAPT, a grass roots organization. Newsletter contains news from around the country. Send name and address.

One Step Ahead

1050 Connecticut Ave. NW, Suite 1250 Washington, DC 20036 (800) 386-5367

A newsletter, published twice per month, by people with disabilities, for people with disabilities, their families, and their friends.

National People First

1031 Rosewood Lane Tacoma, WA 98466 (206) 565-3091

Learn how to set up an advocacy group in your hometown.

Speakers Bureau

DISABILITY-RELATED PRESENTATIONS FROM THOSE WHO KNOW FIRSTHAND

Inspiration Information & Insight

From Some of the Most Entertaining Speakers in the Disabilities Field Today

No matter who the audience, no matter what the topic, let Irene M. Ward & Associates arrange an exciting speaker to fit your group's exact needs. From luncheon speakers to inspirational keynoters to full-day workshop leaders, Irene M. Ward represents the most talented trainers, educators, and business consultants in the disabilities field today.

Now your group or organization can host nationally respected consultants like Clyde Yoder, star of *I Belong Out There*. Or, any of a number of highly qualified, highly engaging, highly provocative speakers. Speakers who can stimulate and motivate any audience, whether it's a youth group, a consumer conference, or a roomful of CEOs.

- ◆ Motivation/Humor
- **♦** Communications
- ◆ Self-Esteem
- Customer Relations
- ♦ Self Defense
- ◆ Attitudes & Accessibility
- ◆ Technical Aspects of ADA Provided by People with Disabilities

One-Hour Speeches to Full-Day Sessions

Perfect for Businesses, Families, Customer Service Personnel, Consumer Groups, Media, Diversity Workshops, Fire and Police, Executives & More.

Call today for more information and booking details.

Put an Irene M. Ward Speaker to Work for *You*. 614/889-0888

Clyde Yoder

Few speakers can match Clyde Yoder's humorous delivery and enthusiasm. Yoder, 1995 recipient of The Ohio Self Advocate of The Year Award from Ohio Public Images, is known for his candid insights on what integration means to people with disabilities. Mr. Yoder has been a two-time Encore presenter at the Ohio PAR Conference, as well as a motivational speaker at the



Ohio Consumer Conference, an event for which he also served as planning committee co-chairman.

Yoder has branched out and is now accepting speaking engagements through Ohio and its contiguous states, as his popularity has grown among conference and inservice planners. His words of challenge and encouragement to people with disabilities and their families regularly receive high marks. His personal philosophy and hard-hitting words related to systems issues and empowerment have been well-received by service providers.

A full-time employee with the Department of Transportation in Delaware, Mr. Yoder has also found the time to appear in a variety of disability-related videos. He was featured in *The Ten Commandments of Communicating with People with Disabilities*, a 1994 video by Irene M. Ward & Associates. In 1995, in his first starring role, he appeared in another Irene M. Ward production, *I Belong Out There*, a video on fun, friendships and natural support concepts for integrated recreation, education and leisure.

Tim Harrington

Few speakers, with or without disabilities, can match Tim Harrington's ability to grab an audience's attention. His quick wit, inspiring enthusiasm, and in-depth knowledge of disabilityrelated issues, have made him a favorite speaker among corporations and non-profit groups alike.



Born with cerebral palsy, Tim attended a special edu-

cation grade school and was expected to graduate from a segregated special education school. However, when he reached high school age, Tim insisted on being mainstreamed into public schools. Surprising many "experts," Tim not only graduated high school but went on to the University of Toledo, where he received a Bachelor of Science in Business Administration.

Combining a hard-edged business sense with a keen sensitivity to the rights of people with disabilities, Tim has become one of the region's leading corporate consultants in areas of accommodation, accessibility, and ADA implementation. He has administered benefits packages for major U.S. corporations, managed a nationwide customer service network, and started his own transportation company. Tim has kept busy in the public sector as well, managing an independent living center, setting up a camp for children with disabilities, and working with city planners to develop accessible housing, recreation facilities and public buildings.