

"SEEKING WAYS OUT TOGETHER" TEAM (SWOT)

In 1991 a small group of self-advocates was invited by the state of New Jersey to help persons prepare to return to the community during the closure of Johnstone Training & Research Center.

From this small group of pioneers came a team of experienced, dedicated, volunteer self-advocates called the "Seeking Ways Out Together" Team or the S.W.O.T. Team. These self-advocates hail from all parts of New Jersey, many have been institutionalized, a few of us still live in developmental centers. We are **all** disabilities and backgrounds. We are not a self-advocacy group. We all hold an abiding belief that all people, no matter the degree or type of disability, have the right to live in their communities with dignity. The work of the team requires hard work, courage, and a commitment to a cause. Members return to developmental centers, many had once called "home." They go back to inform, counsel, befriend, share personal testimony, advocate and support their brothers and sisters still kept inside these institutions, still waiting to return to the community, still waiting to be free.

During the years we have witnessed the liberation of our members from institutions, have mourned the passing of other members and greeted new ones. We have celebrated birthdays, anniversaries, weddings and more. We have protected each other during public demonstrations and hearings. We have also argued mightily among ourselves and we have had our differences. We are proud to have played a part in the closing of two developmental centers, and the release of dozens of our brothers and sisters from other state institutions.

In 1999 the Supreme Court of the United States made the Olmstead Decision. It says people with disabilities have the right to live where they want to live. The Olmstead Decision helps us to continue our work.

We are a group of people with disabilities with a strong belief in the power of self-advocacy and working together for a cause. We believe in the work we do. We believe in each other. We are family.

SWOT LIVES!

COMMUNITY LIVING REQUEST FORM



NAME _____

ADDRESS _____

PHONE _____

1. DO YOU WANT TO KNOW MORE ABOUT COMMUNITY?

_____ YES _____ NO _____ MAYBE

2. DO YOU WANT TO LIVE IN THE COMMUNITY?

_____ YES _____ NO _____ MAYBE

3. NAME TWO THINGS YOU WANT TO LEARN ABOUT LIVING IN
COMMUNITY:

1. _____

2. _____

4. TELL US TWO THINGS ABOUT YOURSELF:

1. _____

2. _____

5. HOW CAN WE HELP YOU?

_____ LEARN ABOUT THE COMMUNITY

_____ LIVE IN THE COMMUNITY

_____ UNDERSTAND & SPEAK UP AT MY IHP MEETING

_____ SOMEONE TO TALK TO/PHONE BUDDY

_____ LEARN MORE ABOUT SELF-ADVOCACY

6. DO YOU HAVE A FRIEND OR STAFF WHO HELPS YOU HERE?

_____ YES _____ NO _____ MAYBE

WOULD YOU LIKE TO BE A TELEPHONE BUDDY OR A
PEN PAL TO SOMEONE LIVING IN AN INSTITUTION IN NEW
JERSEY?

JUST FILL OUT THIS FORM AND MAIL TO:

SWOT TEAM
C/O PEOPLE SUPPORT NETWORK
P.O. BOX 58
TITUSVILLE, NJ 08560

NAME _____

ADDRESS _____

PHONE _____

YOUR INTERESTS/HOBBIES _____

WOULD YOU LIKE TO BE A PAL TO A:

FEMALE _____ MALE _____

OR CALL KATE AT 609-737-8926 OR 609-633-3782

PEOPLE SUPPORT NETWORK
& SEEKING WAYS OUT TOGETHER TEAM
PO BOX 58
TITUSVILLE, NJ 08560

1. Arrange to visit self-advocacy groups in institutions (developmental centers) and talk about living in the community.
2. Have your group invite people from an institution to your self-advocacy meetings.
3. Become a "buddy" to some people or a self-advocacy group in an institution.
4. Plan an event with a self-advocacy group in an institution (party, voter registration, speakers' night).
5. Become a telephone or pen pal.
6. Arrange for people to visit your homes, attend church or synagogue, go to a sports event.

REMEMBER: All of these ideas take a lot of planning, but all of these ideas have worked for other self-advocates who decide to help people leave an institution and become part of the community. Please call the SWOT Team at 609-737-8926 if you have questions or call NJUSA!

PEOPLE SUPPORT NETWORK &
SEEKING WAYS OUT TOGETHER TEAM
2001 -2004
NJ OLMSTEAD INITIATIVE

Support Services & Activities

1. Community Living Meetings
2. 'Welcome to Your Neighborhood' Kits
3. Community Self-Advocacy Host Groups
4. Staff Trainings
5. Transitional Support Groups (Anger Groups)
6. Open House:
 - Weekends & Evenings
 - Refreshments
 - 2 to 3 hours
 - Self-advocates are hosts. Provide peer counseling & information
 - Community Living Guest Speaker
 - Music
 - Videos
 - Lending Library
 - Information Table for Staff
 - Games about Community Living
 - Accessible Room
 - Open to all residents
 - Newsletter

OTHER SUGGESTIONS:

1. Community Visits (include people with significant disabilities)
2. Bridging

What PSN & SWOT TEAM has done in the past:

1. Initiated self-advocates (former center residents) as guest speakers and peer support for transitioning residents.
2. Interviewed residents about their concerns, emotions, needs during transitional period.
3. Provided information about the Olmstead Decision & referrals for persons not on Olmstead Initiative list.
4. Initiated self-advocates as members of relevant policymaking and planning bodies.

5. Developed support techniques, ex. newsletter, video, community visits (Bring in community/take residents out to community).
6. Established Consumer Support Office & paid internships for residents.
7. Supported individuals at IHP & other relevant meetings.
8. Established Community Living Office @ New Lisbon Developmental Center.
9. Conducted voter registration drives at centers.

COMMUNITY



NEWS

NEWSLETTER # 4

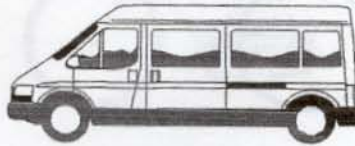
THE SEEKING WAYS
OUT TOGETHER
(S.W.O.T.) TEAM
SPRING, 2004

THE SWOT TEAM
NEWSLETTER,
COMMUNITY NEWS,
IS MADE FOR
PEOPLE WHO LIVE
IN A
DEVELOPMENTAL
CENTER AND
WANT TO KNOW
MORE ABOUT
LIVING IN THE
COMMUNITY.

THE NEXT
OPEN HOUSE
WILL BE HELD ON
MARCH 13TH
FROM 1:30 TO 3
AT THE
COMMUNITY CENTER.
ENJOY A GAME OF
COMMUNITY BINGO,
WATCH A VIDEO,
DO AN ACTIVITY, AND
CELEBRATE
ST. PATRICK'S DAY

How Do People Get Around In The Community?

VAN



What To Expect When Traveling by

VAN

- Usually has from 6-10 seats
- Always buckle your seat belt

BUS



BUS

- Usually has 20 or more seats
- County Transit or City Bus Line

TAXI



TAXI

- Usually has 3 or 4 seats
- Call for Cab to pick you up

TRAIN



TRAIN

- Door slides open & step inside car
- Scheduled stops at train station

**COUNTY TRANSIT
MINI-BUS**

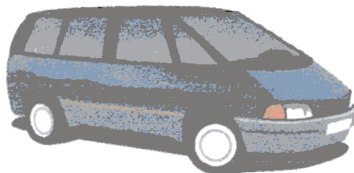


PEOPLE WALKING,

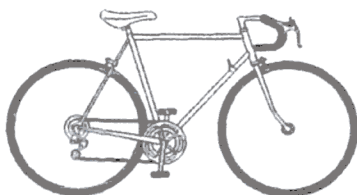


TRANSPORTATION

VAN

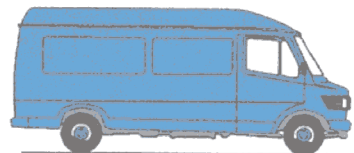


RIDING A BIKE,



**WATCH CARS OR
RISK AN ACCIDENT**

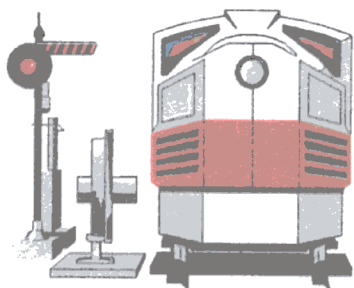
**CALL TO PLAN A
DAY AND TIME**



AND JOGGING ALL



TRAIN



PASSENGER



**A PASSENGER
IN THE BACK
SEAT OF A TAXI**



**PEOPLE WHO
WANT A 'BUDDY'**



**LET US KNOW IF YOU
WANT A S.W.O.T.
TEAM MEMBER TO
WRITE TO YOU.**

CHARTER BUS



S.W.O.T. TEAM

**Call: 609-434-1212
Write: PO Box 58
Titusville, NJ 08560**



**MORE
CONTACTS**

**Self-Advocacy Project
732-926-8010**

**Monday Morning
Network
1-800-216-1199**