



Taking Charge!

A Five-Session Course in Advocacy and Leadership for Young Adults with Disabilities

- This course is for people who want to change their lives and perhaps be change agents for others, too
- Challenge yourself to think outside of the box
- Work together with family members and friends
- Meet new friends and learn new ideas and skills
- Turn your dreams into reality

January 16 & 17, 2009

February 20 & 21, 2009

March 20 & 21, 2009

April 17 & 18, 2009

May 15 & 16, 2009

Sheraton Denver Tech Center Hotel
Denver, Colorado

"I learned how to speak up."



Para Español Llame al
(800) 284-0251

This course is recommended for people who have already participated in Person-Centered Planning (like a PATH or the Life Building series) and want more information and help to move ahead with their plans. If you have not experienced Person-Centered Planning, call 800.284.0251 to request a session and be connected with a facilitator.



Session 1: January 16 & 17, 2009

Following Your Plan - Review your plan and your vision for the future. Consider new possibilities and learn how to set and achieve specific goals.

Featured Speaker: Ian Watlington, Advocate and Policy Analyst at the Arc of Denver. Ian describes himself as a special education survivor and a devil on wheels!

Session 2: February 20 & 21, 2009

Choosing Where to Live - Review the five essential elements of a great life: developing capacity, choosing, contributing, sharing places and building relationships. Explore options for where you might want to live and examine the skills, tools and supports that you will need.

Featured Speaker: Christi Kasa-Hendrickson, Assistant Professor in the Department of Special Education at the University of Colorado at Colorado Springs and a team leader for the Breaking the Barriers project.

- Spanish language and ASL interpretation provided on request!
- Other accommodations and supports also available on request.

Session 3: March 20 & 21, 2009

Making a Contribution - Learn about creative employment options and other ways to share your gifts and spend your time, including leadership opportunities and volunteerism. Find out more about what self-advocacy is and how to do it.

Featured Speakers: Bob Lawhead, Executive Director of Employment Link in Boulder, CO, a panel of employers, and Le Derick Horne, nationally recognized poet, motivational speaker and advocate for people with disabilities. LeDerick uses his poetic talent to help empower and educate people with disabilities and others.

Session 4: April 17 & 18, 2009

Making Community Connections - Hear stories about friendship and fun. Explore the vast array of community resources and places that contribute to a rich life. Discover how “systems” can help to support valued community experiences.

Featured Speaker: Jeffrey Strully, former Director of ACL of Colorado and current Executive Director of Jay Nolan Community Services in Los Angeles, CA.

Session 5: May 15 & 16, 2009

Moving On With a Little Help from Your Friends - Wrap up the course with a look to the future. Learn how to tell your own story and to express yourself in ways that will help you to build and maintain alliances and networks. Practice making planning an on-going part of your life.

Featured Speaker: Bob Sattler, Director, Colorado Association of Private Resource Agencies and the People Planning Together Project.



"I told people about myself. It felt good."

Who?

Young adults with disabilities (ages 21 through 30) can apply and invite up to 3 friends and family members of their choice to participate with them. Twelve applicants will be selected to participate. It is recommended that applicants have previous experience with a Person-Centered Planning process. If you have not experienced Person-Centered Planning, call 800.284.0251 to request a session.

When and Where?

Sessions will be held once a month from January through May at the Sheraton Denver Tech Center Hotel, Denver, Colorado. All sessions will begin on Friday at 7:00 p.m. and end Saturday at 3:00 p.m. Overnight accommodations for Friday night and breakfast & lunch on Saturday will be provided.

What Happens at *Taking Charge!*

Taking Charge! is a highly interactive learning experience that involves brief presentations and large and small group discussions. Every session will include time for participants and their circle members to work on adding specifics to their own plans and visions for their future. Each session will also include time to work with and share with members of other circles.

Free of Charge!

There is NO cost for participants. *Taking Charge!* is funded by the Colorado Developmental Disabilities Council and conducted by PEAK Parent Center.

How to Apply

1. Find up to three friends or family members who agree to attend all five sessions of *Taking Charge!* with you.
2. Be prepared to attend all sessions, to be there on time and to participate actively.
3. Tell us about specific supports that you will need.
4. Fill out the enclosed application (with a family member or friend, if needed) and return by mail, fax or email to:
Colorado Person-Centered Planning Initiative
PEAK Parent Center
611 North Weber, Suite 200
Colorado Springs, CO 80903
FAX: 719.531.9452
Email: personcenteredplanning@peakparent.org

**Application
Deadline: Friday,
December 5, 2008**



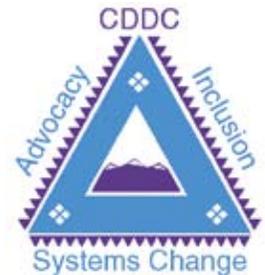
For additional application forms and information, visit our website:
www.peakparent.org or call (800) 284-0251.



611 N. Weber St., Suite 200
Colorado Springs, CO 80903

NON PROFIT ORG
U.S. POSTAGE
PAID
Colorado Springs, CO
Permit No. 221

*"I chose to be more of an advocate
for myself and others."*



- This is a chance to turn your **DREAMS** into **REALITY!**
- Work together with family members and friends.
- Practice advocacy and leadership skills.
- Learn new ideas, skills and tools to create a better life.

Taking Charge! is presented by PEAK Parent Center and funded through a grant from the Colorado Developmental Disabilities Council.

Thank you!



OFFICE USE ONLY
Date received: _____
Action: _____
Date: _____

Colorado Person-Centered Planning Initiative
TAKING CHARGE! - 2009 Advocacy and Leadership Course
APPLICATION FORM

PLEASE PRINT – Can be filled out with the help of a family member or friend.
(For a large-print version, please call 800.284.0251, ext. 112. or go to www.peakparent.org)

CONTACT INFORMATION:

First Name: _____ Last Name: _____

Home Address: _____

City: _____ State: _____ Zip Code: _____

Email address: _____

Home Phone: _____ Alternate Phone: _____

Best time to contact you: _____

Contact Person (if different from applicant):

Name: _____ Phone: _____

PERSONAL INFORMATION:

Age _____ Disability _____

Primary Language _____

Preferred Mode of Communication _____

Please indicate any special accommodations you will need to participate [e.g. Interpretation, special diet, modified materials, etc.]:

Because PEAK Parent Center receives federal fund, we are required to report the following information (answers are optional).

Please check the appropriate box:

- | | |
|---|---|
| <input type="checkbox"/> African American | <input type="checkbox"/> Native American |
| <input type="checkbox"/> Asian Pacific | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Caucasian | <input type="checkbox"/> Prefer not to answer |
| <input type="checkbox"/> Hispanic | |

ABOUT YOUR EXPERIENCE WITH PERSON-CENTERED PLANNING:

Have you participated in a person-centered planning process? YES NO

Approximately when? _____

Was your facilitator provided by PEAK Parent Center/Colorado Person-Centered Planning Initiative?

YES NO *If no, who provided you with a facilitator?* _____

Which process did you experience?

- PATH
- Life Building/Windows
- MAPS
- 24-hour Planning
- Essential Lifestyle Planning
- Other (specify) _____

If you have not experienced Person-Centered Planning, call 800.284.0251 to request a session.

Tell us about your experience with Person-Centered Planning:

Why do you want to participate in the Taking Charge course?

Please name two current life goals that you have:

1. _____

2. _____

Is there anything else you want the selection committee to know when considering you for this course?

TELL US ABOUT YOUR CIRCLE:

Please list the people (up to three) who will participate with you in all five sessions. Each participant you list must sign a Letter of Commitment. Please return Letters of Commitment with your application form.

1. Name: _____ Relationship: _____
 Address: _____ City: _____ Zip: _____
 Email: _____ Phone #: _____

2. Name: _____ Relationship: _____
 Address: _____ City: _____ Zip: _____
 Email: _____ Phone #: _____

3. Name: _____ Relationship: _____
 Address: _____ City: _____ Zip: _____
 Email: _____ Phone #: _____

How did you find out about the Taking Charge Advocacy and Leadership Course?

Internet School
 Newspaper or Newsletter Referral Organization (specify) _____
 Poster/brochure/flyer Other (specify) _____
 Relative/friend

REQUIREMENTS:

- Find up to three friends or family members to attend all five sessions of *TAKING CHARGE!* with you.
- Be prepared to attend all sessions, be there on time, and participate actively.
- Tell us about specific accommodations and supports that you will need.

By signing below, I commit to attend TAKING CHARGE! on January 16 & 17, February 20 & 21, March 20 & 21, April 17 & 18 and May 15 & 16, 2009 from 7:00 p.m. Friday night to 3:00 p.m. Saturday.

Signature of Applicant: _____ **Date:** _____

For additional information, please call (800) 284-0251, extension 112.

Please return completed forms to:

Colorado Person-Centered Planning Initiative
PEAK Parent Center
611 North Weber Street, Suite 200
Colorado Springs, CO 80903
Or fax to 719.531.9452

Application Deadline: Friday, December 5, 2008

You will be contacted by December 19, 2008 to be told if you have been accepted to participate in the 2009 Taking Charge Course.



Letters of Commitment

Taking Charge! – 2009 Advocacy and Leadership Course

Please Print:

I, _____, commit to attend *Taking Charge!* on
Name
January 16 & 17, February 20 & 21, March 20 & 21, April 17 & 18 and
May 15 & 16, 2009 from 7:00 p.m. Friday night to 3:00 p.m. Saturday as a
part of _____'s circle.
Focus Person's Name

Signature: _____ **Date:** _____

I, _____, commit to attend *Taking Charge!* on
Name
January 16 & 17, February 20 & 21, March 20 & 21, April 17 & 18 and
May 15 & 16, 2009 from 7:00 p.m. Friday night to 3:00 p.m. Saturday as a
part of _____'s circle.
Focus Person's Name

Signature: _____ **Date:** _____

I, _____, commit to attend *Taking Charge!* on
Name
January 16 & 17, February 20 & 21, March 20 & 21, April 17 & 18 and
May 15 & 16, 2009 from 7:00 p.m. Friday night to 3:00 p.m. Saturday as a
part of _____'s circle.
Focus Person's Name

Signature: _____ **Date:** _____