



Project STIR Training/Speak Up Guide

PROJECT STIR (STEPS TOWARDS INDEPENDENCE AND RESPONSIBILITY) The Advocacy Specialist promotes self-advocacy and self-determination by coordinating Project STIR trainings in their region. The training is designed to empower people with developmental disabilities. It provides the practical, “how to” tools necessary for anyone who is interested in being a self-advocate and leader in making choices and decisions about how they live their lives. The model supports the development and strengthening of local self-advocacy groups through leadership training. The training is based on Speak Up Guide which includes slide shows which can be used to help present information for each chapter, including training scripts for two activities to assist self-advocates in providing and leading their own training groups. *(Project STIR was developed by The Carolina Institute for Developmental Disabilities (CIDD), which provides services, research, and training relevant to individuals with developmental disabilities and their families. For more information visit www.self-advocate.org)*

Project STIR Speak- Up Manual Tools and Resources

Chapter 1: Knowing Yourself

- [Chapter 1 Manual](#)
- [Chapter 1 Session 1 PowerPoint Notes](#)
- [Chapter 1 Session 2 PowerPoint Notes](#)
- **Other Resources**
[What is a Good Life?](#)

Chapter 2: Communication and Assertiveness

- [Chapter 2 Manual](#)
- [Chapter 2 Session 1 PowerPoint Notes Homework](#)
- [Chapter 2 Session 2 PowerPoint Notes](#)

Chapter 3: Problem Solving

- [Chapter 3 Manual](#)
- [Chapter 3 PowerPoint](#)



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Chapter 4: Rules, Rights and Responsibilities

- [Chapter 4 Manual](#)
- [Chapter 4 PowerPoint](#)
- **Other Resources**
 - [Know Your Rights Booklet](#)
 - [Abuse and Neglect Booklet](#)

Chapter 5: Self-Advocacy and Self-Determination

- [Chapter 5 Manual](#)
- [Chapter 5 PowerPoint](#)
[Cards of Life](#)
- **Other Resources**
 - [LifeCourse Tool – Life Trajectory Worksheet](#)

Chapter 6: Starting a Self-Advocacy Group

- [Chapter 6 Manual](#)
- [Chapter 6 PowerPoint](#)

Chapter 7: Being a Part of the Community

- [Chapter 7 Manual](#)
- [Chapter 7 Session 1 PowerPoint](#)
- [Chapter 7 Session 2 PowerPoint](#)
- **Other Resources**
 - [LifeCourse Tool – Integrated Support Star Manual](#)
 - [LifeCourse Tool – Integrated Support Star Worksheet](#)

This document with working links can be found at the Missouri Division of Developmental Disabilities website on the Advocacy Specialist page <http://dmh.mo.gov/dd/advocacyspecialists.html>

