



# Project STIR Training

**PROJECT STIR (STEPS TOWARDS INDEPENDENCE AND RESPONSIBILITY)** The Missouri Division of Developmental Disabilities regional Advocacy Specialist promotes self-determination and inclusion 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 training is based on Speak Up Guide which was developed by The Carolina Institute for Developmental Disabilities (CIDD), and has been adapted with permission for Missouri. For more information visit [www.self-advocate.org](http://www.self-advocate.org) . Project STIR was updated in 2017 to include LifeCourse Tools which was taken with permission from [www.lifecoursetools.com](http://www.lifecoursetools.com), a free online resource from Missouri Family to Family © UMKC Institute for Human Development, UCEDD 2012-2017.

## Chapter 1: Knowing Yourself (PowerPoint)

### What will we Learn

- What is Project STIR
- Setting up class rules
- Exploratory Questions (*coming soon!*)
- Getting to know yourself: Strengths, challenges and what you like to do.
- Identifying your Islands of Calm

### Tools and Resources

- [Knowing My Personal Strengths & Challenges](#)
- [What I like to do](#)
- [Gifts of the Hands, Feet and Voice](#)
- [My Skills](#)
- [About Your Disability](#)
- [Your “Islands of Calm”](#)

*Chapter 1 Manual (from ‘Speak UP Guide’)*

## Chapter 2: Communication and Assertiveness (PowerPoint)

### What will we Learn

- It is Important to be a Good Communicator
- 3 styles of Communication
- Non- Assertive
- Aggressive
- Assertive
- Listening Skills
- Handling Criticism
- Being a Good Negotiator

### Tools and Resources

- [Improve Your Listening Skills with Active Listening](#)

*Chapter 2 Manual (from ‘Speak UP Guide’)*

## Chapter 3: Problem Solving (PowerPoint)

### What will we Learn

- Why do we problem solve?
- Feelings and emotions can influence decisions
- Positive Statements
- Relaxing Techniques
- 5 Steps to Problem Solving

### Tools and Resources

- [How do I feel Right Now](#)
- [Feeling Questions Worksheet](#)
- [Feeling Charts Online](#)
- [Positive Self Statements](#)
- [Problem Solving Steps](#)
- [Decision Making Process Worksheet](#)
- [Decision Making Process Examples](#)

*Chapter 3 Manual (from ‘Speak UP Guide’)*



# Project STIR Training/Speak Up Guide

## Chapter 4: Rules, Rights and Responsibilities (PowerPoint)

### What will we Learn

- Why are Rights an important part of self-determination?
- What are the different laws that protect your rights as a person with a disability?
- What are your rights & responsibilities?
- What is Due Process?

### Tools and Resources

- [Know Your Rights Booklet](#)
- [Abuse and Neglect Booklet](#)
- [Rights and Responsibility Discussion Questions](#)

## Chapter 5: Self-Advocacy and Self-Determination (PowerPoint)

### What will we Learn

- What is Self-Advocacy?
- What is Self-Determination: Individual and System Level?
- Power Together/Power alone
- Self-Determination land; why would you want to move there?
- What are community based supports?

### Tools and Resources

- [Power Together, Power Alone Activity](#)
- [Community Resources](#)
- [Self-Determination Land Game](#)

[Chapter 5 Manual](#)

(from 'Speak UP Guide')

## Chapter 6: Charting Your LifeCourse (PowerPoint)

### What will we Learn

- Define what is important to you and your key support needs using the One Page Profile.
- Describe your "good life" and
- List positive and negative experiences that have influenced your trajectory.

### Part 2

- Learn all about the Integrated Supports Star.
- Map your current (and needed) supports using the Integrated Supports Star.
- Practice using the LifeCourse portfolio to advocate for your good life.
- Decide which life domains are a priority using the Vision tool.

### Tools and Resources

- [Charting LifeCourse Portfolio](#)  
*Charting Your LifeCourse Manual*  
*(Coming soon!)*





# Project STIR Training/Speak Up Guide

## **Bonus Chapter 7: Your LifeCourse Domain Specific** *(Coming soon!)*

What will we Learn

Tools and Resources

## **Bonus Chapter 8: Your LifeCourse Measuring Success** *(Coming soon!)*

What will we Learn

Tools and Resources

## [Project STIR –Evaluation Form](#)

*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>*

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Improving lives THROUGH  
supports and services  
THAT FOSTER self-determination.