



Taking Charge!

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

"I learned how to speak up."

- 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 29 & 30, 2010

March 5 & 6, 2010

April 9 & 10, 2010

May 7 & 8, 2010

June 12, 2010

Hyatt Regency, Denver Tech Center
Hotel, Denver, Colorado

Para Español Llame al
(800) 284-0251

This course is recommended for people who have already participated in a person-centered planning 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 29 & 30, 2010

Following Your Plan - Learn the basics of being your own self-advocate. Explore the five essential elements of a great life: developing capacity, choosing, contributing, sharing places, and building relationships.

Session 2: March 5 & 6, 2010

Choosing Where to Live - Look at your vision for the future and your life plan. Consider new possibilities as you explore options for where you might want to live. Examine the skills, tools and supports that you will need and learn how to set doable goals.

Session 3: April 9 & 10, 2010

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.

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

Session 4: May 7 & 8, 2010

Making Community Connections - Share stories about making friends and getting connected in the community. Explore the vast array of community resources and places that contribute to a rich life. Discover how service systems can support valued community experiences.

Session 5: June 12, 2010

Moving On With a Little Help from Your Friends - Wrap up the course with a graduation celebration and a look to the future. Learn how to tell your own story in ways that will help build alliances and networks. Practice how you can use your circle to make planning and taking action steps an on-going part of your life.



Who?

Young adults with disabilities (ages 21 through 30) can apply and invite 2-3 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 June at the Hyatt Regency 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. Double occupancy, 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 includes time for participants and their circle members to work on adding specifics to their own plans and their visions for the future. Each session also includes time to work with and share with members of other circles.



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

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 two 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:
PEAK Person-Centered Planning Project
PEAK Parent Center
611 North Weber, Suite 200
Colorado Springs, CO 80903
FAX: 719.531.9452
Email: personcenteredplanning@peakparent.org

**Application
Deadline: Wednesday,
December 2, 2009**



For additional application forms and information, visit our website:
www.peakparent.org or call (800) 284-0251, extension 117.



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: _____

PEAK Person-Centered Planning Project
TAKING CHARGE! - 2010 Advocacy and Leadership Course
APPLICATION FORM

*PLEASE PRINT – Can be filled out with the help of a family member or friend if needed.
(For a large-print version, please call 1-800.284.0251, ext. 117.)*

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 funds, 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's Person-Centered Planning Project?

YES NO *If no, who provided your 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 this training?

Please name two of your current life goals:

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 (two to three) who will participate with you in all five sessions. Each participant you list below must sign a Letter of Commitment statement (see next page). Please return the Letters of Commitment page 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 29 & 30, March 5 & 6, April 9 & 10, May 7 & 8, 2010 from 7:00 p.m. Friday night to 3:00 p.m. Saturday and on Saturday, June 12, 2010 from 9 a.m. to 3 p.m.

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

For additional information, please call (800) 284-0251, extension 117.

Please return completed forms to:
PEAK Person-Centered Planning Project
PEAK Parent Center
611 North Weber Street, Suite 200
Colorado Springs, CO 80903
Or fax to 719.531.9452

Application Deadline: Wednesday, December 2, 2009

You will be contacted by December 18, 2009 to be told if you have been accepted to participate in the 2010 Taking Charge Course.



Statements of Commitment

Taking Charge! – 2010 Advocacy and Leadership Course

I, _____, commit to attend *Taking Charge!*

Name

on January 29 & 30, March 5 & 6, April 9 & 10, and May 7 & 8
from 7:00 p.m. Friday night to 3:00 p.m. Saturday, and June 12 from 9:00
a.m. – 3:00 p.m. as a part of _____'s circle.

Focus Person's Name

Signature: _____ **Date:** _____

I, _____, commit to attend *Taking Charge!*

Name

on January 29 & 30, March 5 & 6, April 9 & 10, and May 7 & 8
from 7:00 p.m. Friday night to 3:00 p.m. Saturday, and June 12 from 9:00
a.m. – 3:00 p.m. as a part of _____'s circle.

Focus Person's Name

Signature: _____ **Date:** _____

I, _____, commit to attend *Taking Charge!*

Name

on January 29 & 30, March 5 & 6, April 9 & 10, and May 7 & 8
from 7:00 p.m. Friday night to 3:00 p.m. Saturday, and June 12 from 9:00
a.m. – 3:00 p.m. as a part of _____'s circle.

Focus Person's Name

Signature: _____ **Date:** _____