

# People First of West Virginia Self-Advocacy Award Levels



See how much progress you are making toward reaching the highest level of self-advocacy in West Virginia....the Lifetime Achievement Level! Use this checklist to how active you are and watch as you move up the levels of self-advocacy at your own pace! Annual awards will be given to self-advocates who track their progress and record their accomplishments!

While you are certainly encouraged to participate in everything in every category, checking even one box means that you are involved! If you have any questions or need additional information about any of the bulleted items listed below, please call our office at 1-877-334-6581.



## Member Level Self-Advocate

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- Am a member of a **People First Chapter** in my area
- Went to at least three (3) **Meetings** in the past year
- Visited the People First of WV **Website** and read the mission statement
- Told another Person** about what Self-Advocacy means to me

## Bronze Level Self-Advocate

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- Went to the annual **People First of WV Conference** or **Youth Conference** this past year
- Helped with a People First **Fundraising** activity in the past year
- Joined Facebook and “liked” the People First of WV **Facebook** page
- Visited the People First of WV **YouTube** page to listen to least three (3) podcasts
- Pre-Planned for Activities or Trainings** by talking to agency staff or family members
- Know where to find and can recite the **Self-Advocacy Pledge**

## Silver Level Self-Advocate

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- Participated in at least four (4) People First of WV **Monthly Conference Calls**
- Went to **Disability Advocacy Day** at the WV State Capitol in Charleston
- Contacted my **State Lawmakers** about legislation that affects people with I/DD
- Spoke up and advocated for myself in my **IEP/IPP Meeting or during life decision-planning** about my dreams and goals
- Attended the People First of WV **Mid-Year Training** this past year

## Gold Level Self-Advocate

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- Recorded and submitted **My Story** on video, audio, or in writing
- Wrote a Story** for the newsletter or a **Post for Facebook** on an issue important to me
- Spoke up and advocated for myself on issues about **My Home or Where I Want To Live**
- Worked out **Transportation Plans** on my own to get where I needed to go
- Wrote an Article or Letter to the Editor** for my local newspaper
- Contacted **Federal Lawmakers** about legislation that affects people with I/DD
- Spoke up and advocated for myself about **Employment or Education** (*optional*)
- Am a **Local People First Chapter Officer** and help run the meetings (*optional*)
- Am a **People First of WV Advisory Board Officer** and attend meetings (*optional*)
- Am a **People First of WV Advisory Board Member** and attend meetings (*optional*)

## Platinum Level Self-Advocate

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- Attended a **Focus Group or Public Forum** to give input on programs for people with I/DD
- Gave a **Speech or Presentation** on self-advocacy or disability issue to an audience in WV
- Mentored Another Self-Advocate** and helped them find a solution to a problem or issue
- Contacted my **Governor** about laws or policies in West Virginia that affect my life
- Was interviewed by the **Media** and talked about my disability to a reporter
- Participate on **Boards or Committees** for other local or state agencies/programs
- Have learned about **SABE** (Self-Advocates Becoming Empowered) and **ACT** (Advocating Change Together)

## Lifetime Achievement Level Self-Advocate

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- Contacted the **President of the United States** about issues that affect my life
- Have traveled to **Washington, D. C.** to advocate for myself and others
- Have been appointed to **National Boards or Committees** for disability issues
- Represented WV at a **National Conference or Training** on topics relating to disability
- Participated on a **Panel of Experts** or gave the **Keynote Address** in another state

My first and last name: \_\_\_\_\_

My address: \_\_\_\_\_

Phone: (    ) \_\_\_\_\_ - \_\_\_\_\_ E-mail: \_\_\_\_\_

As levels are reached and checked off, submit to People First of West Virginia  
by: **Fax** – 304-865-2072, **Mail** - 1917 Dudley Avenue, Parkersburg, WV 26101,  
or **Scan / Email** – info@peoplefirstwv.org