

WE ARE USEFUL!

Oklahoma Self Advocacy Network

Rose Ann Percival

Roseann-Percival@ouhsc.edu

WE ARE USEFUL!!!

The people on the right are master trainers, certified trainers, those in the process of becoming a trainer and people who support them.

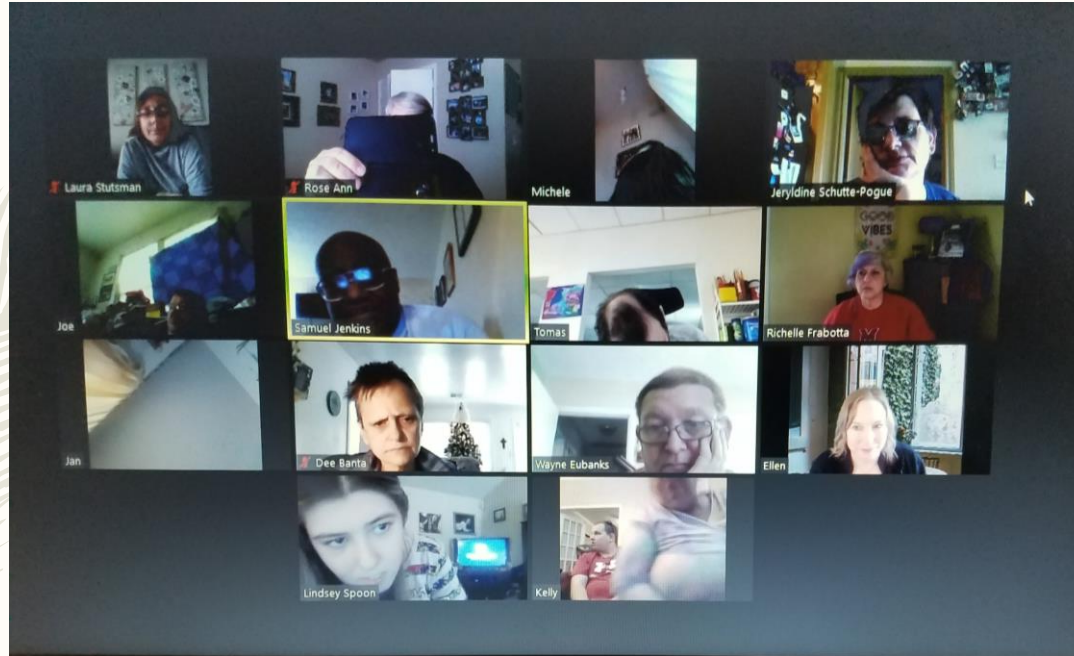
When COVID hit, they wanted to continue working on developing and revising training.



Positives that came out of sheltering in place & Zoom:

**WE CAN CHECK
UP ON EACH
OTHER.**

**By meeting
three times a
week, I feel like
I am still part of
something and
not so alone.**



**I have
something to
look forward
to.**

**I don't feel
forgotten.**

**We get to say Hi to
everyone and see
our friends' faces. I
feel better after
being on Zoom
with everybody.**

**I FEEL GOOD
ABOUT MYSELF
AND USEFUL.**

“We decided to keep going and not let the COVID stop us from working on our new training. I had to have help setting up Zoom and learning how to work a different way.”

Linda, Master Trainer





“I wanted to show people me and my friends didn’t need to be taken care of we take care of each other.”
Wayne, Trainer

“We have done more work in the past two months than in the past six months. I worked hard to learn how to be on zoom. We made a promise to do this and we are doing it.”
Michele, Trainer



I like it because people can go slower and this helps me a lot. Tomas, Trainer



We have been using breakout rooms and it is awesome. We work in small groups on different parts of the training. This makes it easier to understand and we get more done.
Laura, Trainer



PREVENTING THE SPREAD OF COVID-19

What should I do to prevent catching and spreading the virus



Wash hands frequently with soap and water or use sanitiser gel



Catch coughs and sneezes with disposable tissues



Throw away used tissues (then wash hands)



If you don't have a tissue use your sleeve



Avoid touching your eyes, nose and mouth with unwashed hands



Avoid close contact with people who are unwell

What are the symptoms of the virus

The virus seems to start with a **fever** followed by a **dry cough** and then, after a week, leads to **shortness of breath** and some patients needing hospital treatment.



What should I do if I think I have the virus



Step One

Talk to your manager and go home. Do not go to a GP surgery, pharmacy or hospital



Step Two

Contact NHS 111



Step Three

You may be asked to self-isolate



Step Four

Your details may be passed to local health protection teams



Step Five

You may be tested for the virus



Step Six

A doctor or nurse will give you advice on what to do next

Gave us a chance to talk weekly about COVID-19 and precautions. Made extra time available on Zoom if people had questions.

Be a Germ-Buster WASH YOUR HANDS



1 Wet



2 Soap



3 Wash for 20 Seconds



4 Rinse



5 Dry



6 Turn Off Water with Paper Towel

We were able to really discuss Social Distancing.

Stepped on my scale this morning and it said: Please use social distancing, one person at a time. 🥲 🥲 🧐

WHAT IS

SOCIAL DISTANCING?

SOCIAL DISTANCING MEANS AVOIDING CLOSE CONTACT WITH OTHERS TO PREVENT THE SPREAD OF COVID-19 AND CAN INCLUDE:



Avoiding non-essential trips in the community



Limiting, postponing or cancelling gatherings



Working from home, where possible



Conducting meetings virtually



Keeping kids away from group gatherings



Avoiding visits to long-term care homes and other care settings

KEEP A DISTANCE OF **6 FEET** FROM OTHERS WHEN GOING FOR WALKS OR SHOPPING FOR GROCERIES

www.smdhu.org / COVID19

We all needed lots
of HUMOR!!!



Zoom meeting,
audio only



Zoom meeting
with video



The Training Committee is part of the Oklahoma Self-Advocacy Network (OKSAN), which is funded through the Developmental Disability Council of Oklahoma (DDCO) and supported by Oklahoma's UCEDD, the Center for Learning and Leadership, and the Oklahoma Disability Law Center.

The trainings are developed and taught by self-advocates. Peer curriculum development and training is crucial to the success of OKSAN.



Self-Advocate Leadership Training

Trainers:

Self-Advocate Leadership Training

1



DISABILITY IS A NATURAL PART OF LIFE

Presented By:
Nancy Ward
Dee Banta
Joe Honeycutt



Taking Control of Your Health

Trainers

Dee Banta
Kelly Zaikis

Nancy Ward
Samuel Jenkins



Stand up to Bullies!



TRAINERS: Dee Banta
Nancy Ward

"LET'S MAKE A PLAN"
Getting Ready for an Emergency



Presented by:

The confidence gained by training the last five years, gives them tools to continue working in the face of COVID. Learning and using Zoom:



- Increases the number of self-advocates who can participate in OKSAN;
- Gives them training needed to present virtual trainings at OU Health Sciences Center and other settings;
- Helps them participate in virtual meetings, such as Consumer Advisory Committee for the Center for Learning and Leadership and the DD Council;
- Virtual training to students in a transition program;
- Continue working on setting up virtual trainings as Self-Advocates and Family Advocates as Medical Educators (SAME/FAME); and
- Preparing virtual presentation to social work students and others.



For more information, contact:

Rose Ann Percival, Community Partnerships
Coordinator, CLL

Roseann-Percival@ouhsc.edu

405-255-6533

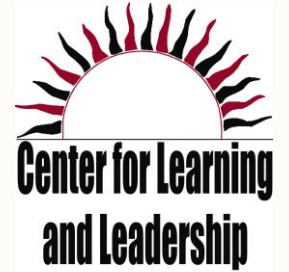
Jeryldine Schutte-Pogue, Executive Director,
Oklahoma People First

jeryldine@gmail.com

www.okpeoplefirst.coxinet.net



Developmental Disabilities
Council of Oklahoma



A University Center for Excellence
in Developmental Disabilities
University of Oklahoma Health Sciences Center

OKLAHOMA
SELF-ADVOCACY
NETWORK
UNITED THROUGH INDEPENDENCE