



# Power UP Your March with the Self Advocacy Power Network for All (SAPNA)

## Speak Up about Waiver Changes Powers up Mar. 11!

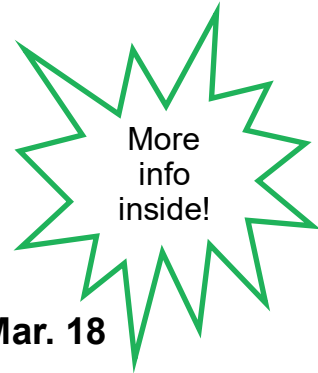
More events are:

**All about Jobs Mar. 1 & 16**

**All about Relationships Mar. 8 & 23**

**Power Talk with ODP Mar. 15**

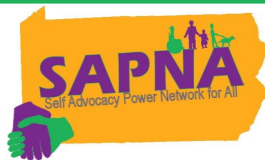
**Your Vision for YOUR Everyday Life Mar. 18**



And Save the Date for a  
**Silly Songs Dance Party Apr. 1**

Spread your power to friends and family!  
Share this flyer with people you trust.  
Families, staff, and guests are welcome  
to listen and learn.

SAU1 reserves the right to remove anyone from our events who  
does not follow our ground rules as explained on each call.



is a project of the PA  
Office of Developmental Programs (ODP),  
managed by  
Self Advocates United as 1 (SAU1).

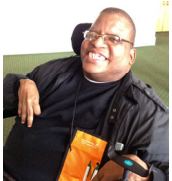
email [info@sau1.org](mailto:info@sau1.org) phone [724 588 2378](tel:724-588-2378) [www.sau1.org](http://www.sau1.org)  
Facebook: [@SAU1PA](https://www.facebook.com/SAU1PA) Twitter: [@speakupSAU1](https://twitter.com/speakupSAU1)

For video and audio by computer or smartphone, get the passcode from Rita anytime before the event! Call [724 588 2378](tel:7245882378) or Email [power@sau1.org](mailto:power@sau1.org)  
 The day of the event, go online at [sau1.me/zoom](https://sau1.me/zoom) then enter the passcode or join right from our online events calendar at [sau1.me/events](https://sau1.me/events) and enter the passcode.

For just audio on any phone, dial [\(646\)876-9923](tel:6468769923), then meeting ID 223 344 5555 ##

For just audio from a smartphone tap [+16468769923,2233445555#](tel:+16468769923,2233445555#+16468769923,2233445555#) and wait to hear "You are in the meeting now."

Photos of some of Our SAPNA Power Coaches.



Oscar



Renee



Derek



Gretchen



John

**Tues. Mar. 1** or **Wed. Mar. 16**  
**1 to 3pm** **10am to 12pm**  
 Choose the day that works for you, or join both days to talk **All About Jobs!**

- Your rights
- Planning to work
- Finding a job
- Keeping your job
- Workplace accommodations
- ODP funded services
- Other supports
- Work and your benefits

**Tues. Mar. 8** Or **Wed. Mar. 23**  
**1 to 3pm** **1 to 3pm**  
 Choose the day that works for you, or join both days to talk **All About Relationships!**  
 We'll talk about:

- The different kinds
- How we make them
- Healthy relationships
- Unhealthy relationships
- What abuse is
- What to do about abuse
- Ways YOU can learn more!

**Tues. Mar. 15** **10:30 to 11:30 am**  
**Power Talk with ODP!**  
 Join us to talk about services, issues, and Covid. Get the answers you need to speak up and live your life, your way. Call or email us by Mar. 3 with your questions and comments, and we'll share them with ODP.

Check out the next 4 pages to speak up about Waivers on March 11!

**Fri. Mar. 18** **1 to 3pm**  
**Let's Talk about Your Vision For YOUR Everyday Life!**  
 What do YOU want in your life? How do you make it happen? Who can help? Learn how to plan for, and get, the life YOU want.

# Speak Up about Waiver Changes

**WHAT:** the PA Office of Developmental Programs (ODP) wants YOUR comments on changes in waivers like the consolidated, community living, and person-family directed supports.

**WHEN:** ODP will consider comments it gets between February 12 and March 14, 2022.

**WHY:** ODP wants to find out what people think about the changes, and it is a rule that they must take comments from the public.

**HOW:** By mail, email, or through an online event. Look inside for how to mail or email.

SAPNA is hosting a Zoom call for self advocates to learn more and speak up!

Friday March 11, 10 am to noon

Look inside to learn more about the changes.

Talk them over with someone you trust.

Inside, you will find out how to join the Zoom call.

For video and audio by computer or smartphone, get the passcode from Rita anytime before the event! Call [724 588 2378](tel:7245882378) or Email [power@sau1.org](mailto:power@sau1.org)  
The day of the event, go online at [sau1.me/zoom](https://sau1.me/zoom) then enter the passcode  
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During the call, we will talk about many things.

Some things to think about are:

What communication services can be done through the waiver?

Would more Communication Specialist services better help people who need them?

Should communication specialists get training from ODP? If so, what kind of training?

What exactly is remote monitoring for supports coordinators? Should that continue? Will that work best for people?

What education and experience should supports coordinators have?

Should remote supports be part of self direction?

Write some ideas of your questions or comments so you are ready to Speak Up!

Some more things to think about are:

Would more benefits counseling help more people get and keep jobs?

Would companion services at a job, help more people get and keep jobs?

Should supported employment be used for people who go on trips for their work? How might this help?

Would you like to have more control to direct your own services like Art or Music therapies?

Should the job of Supports Broker be clearer? Should they get recertified?

What do you think about being able to get personal protective equipment through your waiver?

Should there be provider qualifications for those who offer residential habilitation (like group homes)? What might those be?

Should there be provider qualifications for those who offer life sharing? What might those be?

Should there be provider qualifications for those who offer supported living? What might those be?


Mail comments to:

Julie Mochon, DHS, ODP, 625 Forster Street, Room 510, Harrisburg, PA 17120.

Email comments to [RAodpcomment@pa.gov](mailto:RAodpcomment@pa.gov) using subject header "Waiver Renewal Comments."

SAU1  
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SAU1's mission is to support the self advocacy of people with disabilities for positive impact in our communities and in people's lives.

SAU1 is a PA non-profit led and staffed **by** people with disabilities, **for** people with disabilities.