Join us!

Colorado is offering an exciting new class for people with disabilities receiving Home and Community Based Services (HCBS) to learn to lead their own Person Driven Plan.

This free class is specifically designed to support the participation of people with disabilities and to put their interests, growth, and experiences at the center of each class.

The curriculum is designed as a 10 week course that will meet for 2 hours each week. The class will cover a variety of topics listed below.

Students will learn to:

- Identify their strengths and abilities
- Develop a sense of Disability Pride
- Create their own Person Driven Plan
- Write goals and gather resources to achieve their goals
- Problem solve
- Communicate goals and plan in a way that will support creating a life they love

COVID considerations:

While this course is not intended to be taught solely online, it has been designed so that the facilitator can lead the class live over a remote platform.

All materials can be accessed online at *www.speakupcolorado.com* and the facilitator can lead the participants remotely.

We hope in the near future that we will be able to support participants to gather in person to experience this class.

If you are interested in learning more or finding out about how to sign up please contact **Christi Kasa at ckasa@uccs.edu**

speak up

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Course Overview

Class	Class Name
1	Becoming a Leader
2	Self Advocacy & the Meaning of Language
3	The Power of Your Voice
4	Understanding Person Driven Planning
5	Creating Goals & Identifying Resources
6	Self Discovery / Self Advocacy
7	The Disability Rights Movement
8	Drafting Your Person Driven Plan
9	Learning from Powerful Leaders
10	Speak Up - Present Your Person Driven Plan

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speak up