

LSDN Competencies Resource List

Key: Competency 1: Yellow; Competency 2: Green; Competency 3: Blue; Competency 4: Purple; Competency 5: Pink; Other Informational Resources: Orange.

Competency	Resource Name	Resource Type	Description	Link
Competency 1: Self-Advocacy	Across Federal Workforce, People With Disabilities See Need For More Representation	Article	An article about how people with disabilities are underrepresented in the federal workforce.	https://www.npr.org/2021/07/31/1020746037/disability-access-representation-ada
Competency 1: Self-Advocacy	Autistic Self Advocacy Network	Network	The Autistic Self Advocacy Network is an organization run for and by people with autism. The organization focuses on advocacy, disability rights and the inclusion of people with autism.	https://autisticadvocacy.org/
Competency 1: Self-Advocacy	Barrier Free Futures	Podcasts	A podcast that focuses on issues that affect people with disabilities. It includes guests from different backgrounds and experiences.	https://barrierfreefutures.libsyn.com/
Competency 1: Self-Advocacy	Bazon Center for Mental Health Law: Resource Library	Website	An organization that focuses on advocating for children and adults with mental disabilities.	http://www.bazon.org/resource-library/
Competency 1: Self-Advocacy	Center for Self-Determination	Website	An organization that provides training on self-determination.	http://www.self-determination.com/
Competency 1: Self-Advocacy	Disability Advocates Are Fighting for Accessibility Beyond The Coronavirus NowThis	Video	A video that discusses accessibility and how COVID has changed the way people think about accessibility.	https://www.youtube.com/watch?v=S6u7MhZ404M
Competency 1: Self-Advocacy	Disability Horizons	Magazine online	An online magazine by and for people with disabilities.	https://disabilityhorizons.com/
Competency 1: Self-Advocacy	Disability Visibility Project	Website	An online community that focuses on creating, sharing, and increasing disability medi and culture. It is run by Alice Wong.	https://DisabilityVisibilityProject.com
Competency 1: Self-Advocacy	Disability Visibility: First-Person Stories from the Twenty-First Century	Books	A collection of essays written by individuals with disabilities.	https://www.amazon.com/Disability-Visibility-First-Person-Stories-Twenty-First/dp/1984899422
Competency 1: Self-Advocacy	Inclusive Education Advocacy Series – Darcy Elks: Defining Devaluation and Inclusion	Video	A 24 minute YouTube video about the importance of inclusive education.	https://www.youtube.com/watch?v=q7uvEu500Jk&t=1s
Competency 1: Self-Advocacy	ITAC LEND Workgroups	Website	Opportunities to become more involved within the AUCD network.	https://www.aucd.org/itac/template/page.cfm?id=1198
Competency 1: Self-Advocacy	Learning Disabilities of America State Resources	Website	An organization that creates opportunities for people with learning disabilities through support, education, and advocacy.	https://ldaamerica.org/resources/state-resources/
Competency 1: Self-Advocacy	Mind Freedom International	Website	An organization that focuses on advocating for the human rights of people with psychiatric disabilities.	https://mindfreedom.org/
Competency 1: Self-Advocacy	People First of the US	Website	This site has some information on contacting People First State organizations.	https://www.peoplefirst.org/usa/
Competency 1: Self-Advocacy	Self Advocacy Resource and Technical Assistance Center - SARTAC	Website (includes videos)	A self-advocacy organization that hopes to strengthen the self-advocacy movement by helping advocacy organizations and advocates grow their leadership skills.	https://www.selfadvocacyinfo.org/
Competency 1: Self-Advocacy	Self Advocates in Leadership (SAIL)	Website	Self Advocates in Leadership (SAIL) offers the information and assistance you need to speak up and be heard in state government.	https://www.selfadvocatesinleadership.com/

LSDN Competencies Resource List

Key: Competency 1: Yellow; Competency 2: Green; Competency 3: Blue; Competency 4: Purple; Competency 5: Pink; Other Informational Resources: Orange.

Competency	Resource Name	Resource Type	Description	Link
Competency 1: Self-Advocacy	Self-determination and self-advocacy for people with intellectual and developmental disabilities	Video	A video about self-advocacy and self-determination.	https://www.youtube.com/watch?v=HnmGgJOhvY
Competency 1: Self-Advocacy	ThisIsCRIPPLE	Video	YouTube Channel of vloggers with disabilities on a variety of topics.	https://www.youtube.com/user/ThisIsCRIPPLE
Competency 1: Self-Advocacy	Uniquely Human	Podcasts	A podcast that hopes to expand the conversation about autism and neurodiversity by including the voices of autistic individuals and leaders.	https://uniquelyhuman.com/
Competency 1: Self-Advocacy	Why it Matters to Cast Autistic Actors in Autistic Roles	Article	Article by Zoe Thomson about why it is important for actors with disabilities to play the roles of people with disabilities.	https://www.abc.net.au/everyday/why-it-matters-to-cast-autistic-actors-in-autistic-roles/100004854
Competency 2: Disability Civil Rights Movement (DCRM) & Models of Disability	A Brief History of the Disability Rights Movement	Video	Video: A Brief History of the Disability Rights Movement	https://www.youtube.com/watch?v=cNYhFDpAHtk
Competency 2: Disability Civil Rights Movement (DCRM) & Models of Disability	A Guide to Disability Rights Laws	Website	Information on disability rights law.	https://www.ada.gov/cguide.htm
Competency 2: Disability Civil Rights Movement (DCRM) & Models of Disability	Barrier Free Futures	Podcasts	Podcasts that focus on issues that affect people with disabilities. They includes guests from different backgrounds and experiences.	https://barrierfreefutures.libsyn.com/
Competency 2: Disability Civil Rights Movement (DCRM) & Models of Disability	Bazon Center for Mental Health Law: Resource Library	Website	An organization that focuses on advocating for children and adults with mental disabilities.	http://www.bazon.org/resource-library/
Competency 2: Disability Civil Rights Movement (DCRM) & Models of Disability	Bazon Center for Mental Health Law: Resource Library	Website	Plain language documents for the Committee on the Rights of Persons with Disabilities of the United Nations.	https://www.ohchr.org/en/treaty-bodies/crpd/documents-plain-language-and-easy-read-versions
Competency 2: Disability Civil Rights Movement (DCRM) & Models of Disability	Disability Civil Rights-The Basics by PVA	Video	Basic Civil Rights presentation by Paralyzed Veterans of America.	https://www.youtube.com/watch?v=fIcYt7Oz1I
Competency 2: Disability Civil Rights Movement (DCRM) & Models of Disability	Disability History Timeline	Document	A resource guide that teaches people about the important history of people with disabilities.	http://www.nclde-youth.info/Downloads/disability_history_timeline.pdf
Competency 2: Disability Civil Rights Movement (DCRM) & Models of Disability	Disability Rights Education and Defense Fund	Website	An organization that advocates for the civil and human rights of people with disabilities.	https://dredf.org/
Competency 2: Disability Civil Rights Movement (DCRM) & Models of Disability	Disability Rights Nebraska Why We Do What We Do	Videos	YouTube videos made by Disability Rights Nebraska.	https://www.youtube.com/user/DisabilityRightsNE/videos
Competency 2: Disability Civil Rights Movement (DCRM) & Models of Disability	Disability Rights Through Tom Olin's Lens	Article	Article written by Rebecca Gross about Tom Olin, a famous photographer who has been involved in the Disability Rights movement for decades. His work includes photos of historic events of the Disability Civil Rights Movement.	https://www.arts.gov/stories/blog/2015/ada25-disability-rights-through-tom-olins-lens

LSDN Competencies Resource List

Key: Competency 1: Yellow; Competency 2: Green; Competency 3: Blue; Competency 4: Purple; Competency 5: Pink; Other Informational Resources: Orange.

Competency	Resource Name	Resource Type	Description	Link
Competency 2: Disability Civil Rights Movement (DCRM) & Models of Disability	Disability Sensitivity Training Video (2014)	Video	This video shows people being nervous talking people with disabilities. You do not need to be nervous.	https://www.youtube.com/watch?v=Gv1aDEFIXq8
Competency 2: Disability Civil Rights Movement (DCRM) & Models of Disability	Independent Living Resource Utilization program	Website	An organization that provides training and does research related to independent living, home and community-based services and the Americans with Disabilities Act.	https://www.ilru.org/
Competency 2: Disability Civil Rights Movement (DCRM) & Models of Disability	Judith Snow	Website	A website about Judith snow, an advocate who fought for independent funding for a person living with complex disabilities.	https://inclusion.com/change-makers-resources-for-inclusion/john-obrien-change-makers-books-videos/judith-snow-writing-videos/
Competency 2: Disability Civil Rights Movement (DCRM) & Models of Disability	Molly Fuentes, Amy J. Houtrow, and Monica Verduzco Gutierrez, "Ableism and Quality of Life During the Coronavirus Pandemic," J. Hosp. Med., 5:316-318, (April 20, 2021 online)	Article	An article that talks about ableism and people's quality of life during the pandemic.	https://cdn.mdedge.com/files/s3fs-public/JHM01604316.PDF
Competency 2: Disability Civil Rights Movement (DCRM) & Models of Disability	Museum of disAbility	Website	A project of People, Inc, the museum uses stories of people with disabilities to show the history of disability. The site includes a virtual tour of the museum, exhibits, and resources on disabilities. It is located in Buffalo, New York.	https://www.museumofdisability.org/
Competency 2: Disability Civil Rights Movement (DCRM) & Models of Disability	Olmstead Rights: Disability Resources in Your State	Website	This website provides self-advocacy resources for each state. The site also discusses the Olmstead Decision, which says that people with disabilities should be able to live in their communities rather than institutions.	https://www.olmsteadrights.org/self-help/tools/advocacy-resources/
Competency 2: Disability Civil Rights Movement (DCRM) & Models of Disability	Rooted in Rights: My Journey with Disability Language and Identity	Article	In this video individuals with disabilities explain what they wish people without disabilities understood about their lives.	https://rootedinrights.org/my-journey-with-disability-language-and-identity/
Competency 2: Disability Civil Rights Movement (DCRM) & Models of Disability	The Lives They Left Behind: Suitcases from a State Hospital Attic	Website	The Willard State Hospital closed in 1995. It was one of the largest mental institutions in New York. Suitcases of former patients were found in an attic. They tell the stories of 10 patients from Willard.	https://www.museumofdisability.org/exhibits/temporary/the-lives-they-left-behind/
Competency 2: Disability Civil Rights Movement (DCRM) & Models of Disability	Valued Social Roles: Pathways to Full, Meaningful, and Inclusive Lives	Video	A YouTube video that talks about valued social roles. When people with disabilities have valued social roles, they are more included within their community.	https://www.youtube.com/watch?v=K_pByvRFvCY
Competency 3: Advocacy and Policy	A Guide to Disability Rights Laws	Website	Information on disability rights laws.	https://www.ada.gov/cguide.htm
Competency 3: Advocacy and Policy	AUCD Councils	Website	AUCD has five Councils for member participation.	https://www.aucd.org/template/page.cfm?id=28
Competency 3: Advocacy and Policy	AUCD Listservs for Special Interest Groups, Councils and other groups.	Website	AUCD has email lists for many different topics. By signing up you can receive resources and connect with others in the AUCD network.	https://www.aucd.org/template/page.cfm?id=631

LSDN Competencies Resource List

Key: Competency 1: Yellow; Competency 2: Green; Competency 3: Blue; Competency 4: Purple; Competency 5: Pink; Other Informational Resources: Orange.

Competency	Resource Name	Resource Type	Description	Link
Competency 3: Advocacy and Policy	AUCD Tuesdays with Liz	Video	Tuesdays with Liz is a weekly video series about current issues in disability policy. It is hosted by Liz Weintraub, a long-time disability advocate, and produced by the Association of University Centers on Disabilities.	https://www.youtube.com/playlist?list=PLEHWL7i0kECV8GSORs56oK7SP7GXHorOB
Competency 3: Advocacy and Policy	Barrier Free Futures	Podcasts	Podcasts that focus on issues that affect people with disabilities. It includes guests from different backgrounds and experiences.	https://barrierfreefutures.libsyn.com/
Competency 3: Advocacy and Policy	Bazelon Center for Mental Health Law: Resource Library	Website	An organization that focuses on advocating for children and adults with mental disabilities.	http://www.bazelon.org/resource-library/
Competency 3: Advocacy and Policy	Disability Advocates Are Fighting for Accessibility Beyond The Coronavirus NowThis	Video	A video that discusses accessibility and how COVID has changed the way people think about accessibility.	https://www.youtube.com/watch?v=S6u7MhZ404M
Competency 3: Advocacy and Policy	Disability Civil Rights-The Basics by PVA	Video	Basic Civil Rights presentation by Paralyzed Veterans of America.	https://www.youtube.com/watch?v=fIcYet7Oz1I
Competency 3: Advocacy and Policy	Disability History Timeline	Document	A resource guide that teaches people about the important history of people with disabilities.	http://www.ncld-youth.info/Downloads/disability_history_timeline.pdf
Competency 3: Advocacy and Policy	Disability Horizons	Magazine online	An online magazine by and for people with disabilities.	https://disabilityhorizons.com/
Competency 3: Advocacy and Policy	HCBS Advocacy Coalition *	Website	A group of disability and aging organizations that support the full inclusion of people with disabilities and older adults into society.	https://hcsadvocacy.org/
Competency 3: Advocacy and Policy	Inclusive Education Advocacy Series – Darcy Elks: Defining Devaluation and Inclusion	Video	A 24 minute YouTube video about the importance of inclusive education.	https://www.youtube.com/watch?v=q7uVeu500Jk&t=1s
Competency 3: Advocacy and Policy	Independent Living Resource Utilization program	Website	An organization that provides training and does research related to independent living, home and community-based services and the Americans with Disabilities Act.	https://www.ilru.org/
Competency 3: Advocacy and Policy	Mad in America	Website	An organization that advocates for better supports, services, and treatment for individual with psychiatric disorders.	https://www.madinamerica.com/
Competency 3: Advocacy and Policy	Mind Freedom International	Website	An organization that focuses on advocating for the human rights of people with psychiatric disabilities.	https://mindfreedom.org/
Competency 3: Advocacy and Policy	Museum of disAbility	Website	A project of People, Inc, the museum uses stories of people with disabilities to show the history of disability. The site includes a virtual tour of the museum, exhibits, and resources on disabilities. It is located in Buffalo, New York.	https://www.museumofdisability.org/
Competency 3: Advocacy and Policy	National Association of Councils on Developmental Disabilities: Find your Chapter	Website	An organization that works with each state's developmental mental disabilities council to advocate for the inclusion of all people with developmental disabilities in the United States. Your state's Council has a link on this page.	https://www.nacdd.org/councils/
Competency 3: Advocacy and Policy	National Conference of State Legislatures	Website	An organization that brings together the law makers of each state and territory in the United States. Your state's legislators have links on this page.	https://www.ncsl.org/

LSDN Competencies Resource List

Key: Competency 1: Yellow; Competency 2: Green; Competency 3: Blue; Competency 4: Purple; Competency 5: Pink; Other Informational Resources: Orange.

Competency	Resource Name	Resource Type	Description	Link
Competency 3: Advocacy and Policy	National Council on Disability	Website	An organization that provides advice and feedback on disability issues to the President, Congress, and government agencies.	https://ncd.gov/resources
Competency 3: Advocacy and Policy	National Disability Rights Network	Website	An organization that works with each state's protection and advocacy office to advocate for laws protecting the civil and human rights of people with disabilities.	https://www.ndrn.org/
Competency 3: Advocacy and Policy	National Disability Rights Network: Find your Chapter	Website	Information about how to find your state's chapter of the National Disability Rights Network.	https://www.ndrn.org/about/ndrn-member-agencies/
Competency 3: Advocacy and Policy	RespectAbility	Website	An organization led by people with disabilities that works to change how society sees and treats people with disabilities.	https://www.respectability.org/resources/policy-makers/
Competency 3: Advocacy and Policy	Self Advocates in Leadership (SAIL)	Website	Self Advocates in Leadership (SAIL) offers the information and assistance you need to speak up and be heard in state government.	https://www.selfadvocatesinleadership.com/
Competency 3: Advocacy and Policy	The Arc: Find a Chapter Near You	Website	An organization that works to protect the human rights and inclusion of people with intellectual and developmental disabilities.	https://thearc.org/find-a-chapter/
Competency 3: Advocacy and Policy	ThisIsCRIPPLE	Video	YouTube Channel of vloggers with disabilities on a variety of topics.	https://www.youtube.com/user/ThisIsCRIPPLE
Competency 3: Advocacy and Policy	Tuesdays with Liz	Video	Self-Advocate Liz Weintraub at AUCD talks with people about disability policy.	https://www.youtube.com/playlist?list=PLEHWL7i0kECV8GSORs56oK7SP7GXHorOB
Competency 3: Advocacy and Policy	WeThe15	Website	An organization that works to end discrimination of the 1.2 billion people with disabilities around the world.	https://www.wethe15.org/
Competency 3: Advocacy and Policy	What is Disability Law & What Does it Really Do?	Video	A YouTube interview between Judy Heumann, a disability rights activist, and Arlene Kanter, the Director of the Syracuse College of Law's Disability Law and Policy Program.	https://www.youtube.com/watch?v=fbdZK4k3EXQ
Competency 4: Disability Culture	Ableism in the medical profession	Article	Shane Neilson discusses his experience as a person with a disability receiving medical care.	https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7162445/
Competency 4: Disability Culture	Ableism: the undiagnosed malady afflicting medicine	Article	An article about ableism within the medical profession.	https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6488478/
Competency 4: Disability Culture	Disability Advocates Are Fighting for Accessibility Beyond The Coronavirus NowThis	Video	A video that discusses accessibility and how COVID has changed the way people think about accessibility.	https://www.youtube.com/watch?v=S6u7MhZ404M
Competency 4: Disability Culture	Mind Freedom International	Website	An organization that focuses on advocating for the human rights of people with psychiatric disabilities.	https://mindfreedom.org/
Competency 4: Disability Culture	Molly Fuentes, Amy J. Houtrow, and Monica Verduzco Gutierrez, "Ableism and Quality of Life During the Coronavirus Pandemic," J. Hosp. Med., 5:316-318, (April 20, 2021 online)	Article	An article that talks about ableism and people's quality of life during the pandemic.	https://cdn.mdedge.com/files/s3fs-public/JHM01604316.PDF

LSDN Competencies Resource List

Key: Competency 1: Yellow; Competency 2: Green; Competency 3: Blue; Competency 4: Purple; Competency 5: Pink; Other Informational Resources: Orange.

Competency	Resource Name	Resource Type	Description	Link
Competency 4: Disability Culture	Museum of disAbility	Website	A project of People, Inc, the museum uses stories of people with disabilities to show the history of disability. The site includes a virtual tour of the museum, exhibits, and resources on disabilities. It is located in Buffalo, New York.	https://www.museumofdisability.org/
Competency 4: Disability Culture	The Life Worth Living: Disability, Pain & Morality	Book	A book that looks into the exclusion and discrimination against people with disabilities in philosophy.	https://www.upress.umn.edu/book-division/books/the-life-worth-living?fbclid=IwAR3tsfGZ6dpsh_mOLTNH2fj7pHgQfdZlyiR-YY9VtTIEKdYtHnuofAa7MDs
Competency 4: Disability Culture	Valued Social Roles: Pathways to Full, Meaningful, and Inclusive Lives	Video	A YouTube video that talks about valued social roles. When people with disabilities have valued social roles, they are more included within their community.	https://www.youtube.com/watch?v=K_pByvRFvCY
Competency 5: Equity, Diversity & Inclusion (EDI)	Across Federal Workforce, People With Disabilities See Need For More Representation	Article	An article about how people with disabilities are underrepresented in the federal workforce.	https://www.npr.org/2021/07/31/1020746037/disability-access-representation-ada
Competency 5: Equity, Diversity & Inclusion (EDI)	CDC	Website	The Center for Disease Control (CDC) provides the public with information about health related topics.	https://www.cdc.gov/
Competency 5: Equity, Diversity & Inclusion (EDI)	Disability Discrimination in the Rationing of Life Saving COVID Treatment: Who Gets Left Behind?	Video	A video that talks about how states and hospitals determined who should get life saving treatment during the COVID pandemic.	https://www.youtube.com/watch?v=soQ51xalFt8
Competency 5: Equity, Diversity & Inclusion (EDI)	Disability Horizons	Magazine online	An online magazine by and for people with disabilities.	https://disabilityhorizons.com/
Competency 5: Equity, Diversity & Inclusion (EDI)	Including disability in all health equity efforts: an urgent call to action	Article	An article about the importance of including disability in all health equity efforts.	https://www.thelancet.com/journals/lanpub/article/PIIS2468-2667(21)00115-8/fulltext
Competency 5: Equity, Diversity & Inclusion (EDI)	Inclusive Education Advocacy Series – Darcy Elks: Defining Devaluation and Inclusion	Video	A 24 minute YouTube video about the importance of inclusive education.	https://www.youtube.com/watch?v=q7uvEu5OOJk&t=1s
Competency 5: Equity, Diversity & Inclusion (EDI)	Independent Living Resource Utilization program	Website	An organization that provides training and does research related to independent living, home and community-based services and the Americans with Disabilities Act.	https://www.ilru.org/
Competency 5: Equity, Diversity & Inclusion (EDI)	Mental Health and Developmental Disabilities Training Center Stories	Website	A series of stories about individuals with mental health condition and developmental disabilities.	https://www.mhddcenter.org/stories/
Competency 5: Equity, Diversity & Inclusion (EDI)	Mind Freedom International	Website	An organization that focuses on advocating for the human rights of people with psychiatric disabilities.	https://mindfreedom.org/
Competency 5: Equity, Diversity & Inclusion (EDI)	The Equity, Diversity and Inclusion Hub	Website	AUCD's Equity, Diversity, and Inclusion Hub provides resources and ideas for how university centers are working to increase the equity, diversity, and inclusion of their programs and services.	https://www.implementdiversity.tools/

LSDN Competencies Resource List

Key: Competency 1: Yellow; Competency 2: Green; Competency 3: Blue; Competency 4: Purple; Competency 5: Pink; Other Informational Resources: Orange.

Competency	Resource Name	Resource Type	Description	Link
Competency 5: Equity, Diversity & Inclusion (EDI)	US Access Board	Website	The Access Board is a federal agency that works to increase equality for people with disabilities through accessible design. They work to make sure that buildings, public spaces, public transportation, technology and medical equipment is accessible to all people.	https://www.access-board.gov/
Competency 5: Equity, Diversity & Inclusion (EDI)	USA Gov: Find Government and Local Disability Programs and Services	Website	A government website that can help you find programs and services that can help you with things like housing, employments, health care, and education.	https://www.usa.gov/disability-programs
Competency 5: Equity, Diversity & Inclusion (EDI)	Why it Matters to Cast Autistic Actors in Autistic Roles	Article	Article by Zoe Thomson about why it is important for actors with disabilities to play the roles of people with disabilities.	https://www.abc.net.au/everyday/why-it-matters-to-cast-autistic-actors-in-autistic-roles/100004854