

# Event Invitation

This message is posted online in [اللغة العربية](#), [English](#), [Русский](#), [Soomaali](#), [Español](#), [简体中文](#) and [Tiếng Việt](#).

---

**Date:** March 11, 2026

**To:** Intellectual and developmental disabilities (I/DD) community

**From:** Office of Developmental Disabilities Services (ODDS)

**Subject: Training on “Self-Advocate Guide to I/DD Services”**

Hello,

This message is about upcoming trainings for self-advocates. Please read this message if:

- You get I/DD supports and services in Oregon.
- You’re the family member or guardian of someone who gets services.
- Your job includes service planning.
- You or someone you know needs or gets I/DD services.

Last year, ODDS and the Oregon Self Advocacy Coalition (OSAC) created a new resource: [“The Self-Advocate Guide to Intellectual and Developmental Disabilities \(I/DD\) Services.”](#)

The guide goes through the I/DD service planning process. It’s a tool to help individuals meet their goals.

## Learn how to use “The Self-Advocate Guide.”

ODDS and OSAC are offering a free, five-part training series on the guide. The trainings are on Zoom, so you can attend from across Oregon.

Self-advocates will lead each training. This will be a space for self-advocates to come and ask questions, share ideas, and learn from one another.

Each training will cover a chapter of the guide. You will learn about a different topic each week.

- **March 19:** Advocating for your good life
- **March 26:** I/DD services in Oregon
- **April 2:** Oregon Needs Assessment (ONA)
- **April 9:** Individual Support Plan (ISP) meetings
- **April 16:** Your rights and how to handle disagreements about your services

When you register, you sign up for all the trainings. You don't have to go to all of them. You can choose which ones to attend.

## Who can attend the trainings?

The trainings are for self-advocates. All who support self-advocates to plan their services are also welcome. Those who support individuals will learn how to better support self-advocates.

## What is the schedule and how do I sign up?

- **Time:** 3 to 4 p.m. Pacific Daylight Time

- Dates: March 19 and 26, April 2, 9 and 16
- To attend: You must register in advance. [Use this link or the QR code below to register.](#) The link will take you to a web page with a few questions. Please answer them. This will help us make the training accessible and welcoming for everyone. Thank you.



## How do I join on the day of the training?

When you register, Zoom will send you an email. It will give you a link. Use that link to join the training. You will use the same link each week.

We recommend joining five minutes early, so you're ready to go at 3 p.m.

## Can I get support at the meeting?

Yes. We want everyone to feel welcome and safe. We will provide free support for you to participate, including:

- American Sign Language
- Live captioning

When you register online, you can ask for support in another language. You can also ask by emailing [odds.questions@odhsoha.oregon.gov](mailto:odds.questions@odhsoha.oregon.gov) or calling ODDS at 503-945-5811. Please submit your request 48 hours before the training.

## How do I get a copy of the guide?

Go to “The [Self-Advocate Guide](#)” and [resources web page](#). View and download the guide there. The web page also has videos to walk you through the guide. You can also ask your services coordinator or personal agent for help. They may have printed guides available.

The guide is available in Arabic, English, Russian, Simplified Chinese, Somali, Spanish and Vietnamese. If you need another language or a more accessible format, ODDS will get it for you for free. To ask us, email [odds.questions@odhsoha.oregon.gov](mailto:odds.questions@odhsoha.oregon.gov).

## See you at the trainings

“The Self-Advocate Guide” and trainings are part of our work to support individuals to understand their services, know their rights, and speak up about the lives they want. We hope you will join us.

Please share this news and encourage people to attend.

Thank you,

Office of Developmental Disabilities Services

---

You can get this document for free in other languages, large print, braille or a format you need. Email [dd.directorsoffice@odhs.oregon.gov](mailto:dd.directorsoffice@odhs.oregon.gov) or call 503-945-5811. We accept all relay calls.

### Resources

- Sign up for [ODDS updates](#).
- Learn about [ODDS events](#).
- Sign up for [Oregon Department of Human Services updates](#).
- Read [messages from ODDS](#).
- Follow us on [Facebook @oregondhs.idd](#)