MY PRESENTATION

JAIME CRUZ JUSCAMAITA
• My name is Jaime Cruz Juscamaita

• I’m 24 years old and I come from Perú
• I live with my parents, my sister and my dog, Mia.
• I’m an actor
• I like sports, I swim, surf and go to the gym.
• I am also a self-advocate
What is self-advocacy?

Self-advocacy is when a person with an intellectual disability speaks up and advocates for themselves and for others. A self-advocate works on making their community a more inclusive place.
My experience as a self-advocate

• My first experience as a self-advocate was when the Peruvian Down Syndrome Society invited me to talk about the right to have an Inclusive Education.

• I was invited because I had an inclusive education, I also had experience of working with the Secretary of Education in Peru.
My training to become a self-advocate

• As I was starting to learn more about self-advocacy my support told me that I should study the UN Convention on the Rights of Persons with Disabilities (CRPD).

• This helped me to understand more about laws and the barriers that people with intellectual disabilities face.
• I also studied in **Centro de Locución y Oratoria** with Gina Parker.

• Gina is a reporter in Peru who has a TV show.

• She trained me to organize my ideas and be more prepared for public talking.
Joining my self-advocacy group

• I started to participate in the self advocate group at the Peruvian Down Syndrome Society
Ni uno menos
Some success from our self-advocacy work

• The self-advocates from our group have had many successes.

• In 2018 MARÍA ALEJANDRA VILLANUEVA received the right to vote for 24,000 persons with disabilities.
• SANDRA CELIS sued an insurance company after they denied her the same health insurance that they gave to her siblings.
My work on inclusive education

- As a self advocate, a topic that is important to me is the **Right for inclusive education**

- I work on building awareness about this right and training teachers, directors, families and students.
Our self-advocacy work and the media

- We often work with the media in Peru
• In fact last Friday and yesterday there were segments about me on 2 Peruvian news shows!
• They were sharing my work at the UN.
Our work on the Sustainable Development Goals

• Another important piece of work we have done has been creating an Easy to Read version of the UN Sustainable Development Goals (SDGs).

• These are goals that all countries are working on to make the world a better place.
• The SDGs motto is ‘Leave No One behind’ this must include people with disabilities!

• Because of this it is important people with an intellectual disability know about the goals and the work our countries are doing on them

• Our guide has also been translated into English so that international self-advocates can use it!
What is Inclusion International?

• Inclusion International is the international network of people with an intellectual disability and their families.

• My organisation SPSD and Keystone Human Services are both members of Inclusion International
The Global Self-Advocacy Summit

• In 2018 I traveled to Birmingham, UK, for the Inclusion International World Congress and Global Self Advocates Summit.

• There, I found out more about international self-advocacy.
What is Empower Us?

• Empower Us is one of Inclusion International’s programmes of work.
• It is the work Inclusion International do to help members develop their self-advocacy and inclusion work.
• The Empower Us work is led by people with intellectual disabilities who are self-advocates.
Inclusion International’s self-advocate representative for the Americas is Luis Gabriel Villareal from Colombia.

Luis works on Empower Us.

He interviewed me for the Empower Us team and I was selected.
My Empower Us fellowship

• Through my work with Inclusion international and Empower Us I was selected to become the Empower Us fellow.

• The Empower Us fellow works to support self-advocacy in their region
The Conference of State Parties (COSP)

• Inclusion International do a lot of work on the Convention on the Rights of Persons with Disabilities (CRPD)
• Every year governments, disabled peoples organisations and other groups come together to speak at a Conference at the UN about the Convention
• This year there were many self-advocates taking part and speaking up about the things that were important to us!
• Including 6 of my colleagues from Empower Us!
• I spoke at a roundtable on why being included in sports, culture and leisure is so important.
Being included in sports, culture and leisure

• This is a very important topic for me.
• I am very active and take part in lots of different sports.
• I am also an actor
• I have built friendships with lots of different people in my community.
• In my speech I talked about my experience and how sports, culture and leisure has impacted my life.

• I made the point that participating in separated groups is not a true opportunity for inclusion.

• Inclusion starts from school.
• I said that separating people from the rest is not good and does not help us be part of our community.

• I said that rights are for everyone so not one of us should be left behind!

• Speaking at the UN was a fantastic experience and I hope my speech made a difference.
What next? Empower Us training

• Earlier today myself and Tia led Empower Us training for some Keystone self-advocates
• The Empower Us team have led this training all around the world
• The training is for self-advocates who are from Inclusion International members
• Myself and Luis Gabriel will be leading the training in Mexico soon for Latin America self-advocates.

• I am excited to support my fellow self-advocates to build their skills and understand more about how to speak up and take action for inclusion!
Gracias!

Follow me on social media!

Find my Facebook page – search Jaime Cruz

Instagram – JaimitocJ

(here you can also find the link to my youtube channel!)
For more information

• Send us an email
  • EmpowerUs@inclusion-international.org

• Become an Inclusion International member
  • www.inclusion-international.org/join

• Follow SPSD on Facebook!
  • https://www.facebook.com/SPsindromedown/