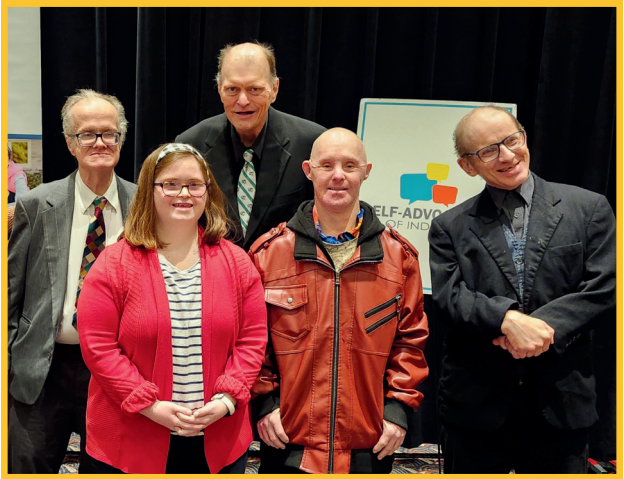




# ADEC

## SELF-ADVOCATES OF ADEC



As a chapter of Self Advocates of Indiana, Self Advocates of ADEC is a club focused on understanding individual rights, goals, and self-advocacy. The group meets monthly to discuss advocacy efforts, volunteer opportunities, and collaboration with other self-advocacy groups. ADEC's chapter aims to advocate for abilities over disabilities by igniting independence through education, communication, and community outreach.



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# expert TIPS

BY ADEC SELF-ADVOCATES

Expert Tips by ADEC Self-Advocates is a monthly podcast about living your best life with a disability. It features self-advocacy tips and experiences and invites guests to discuss important topics impacting our community. Tune in to our monthly episodes on all podcast streaming platforms or listen on YouTube.



## SILVER BULLETS

The Silver Bullets by ADEC Self-Advocates basketball team was formed as an innovative and inclusive way for ADEC individuals to have an opportunity to exercise, socialize, and foster a strong sense of teamwork. Taking on community-formed teams, the players showcase all individuals' incredible potential and talents, regardless of abilities. The season typically falls from October through February, with weekly evening games.

ADEC empowers people with disabilities to live fulfilled lives in their communities.