COACHING AND PEER SUPPORT

Megan Kovac & Kerry Hagner
Carolina Institute for Developmental Disabilities
Overview

- Background
- Our Experience
- How To: Relationship
- How To: Structure
- How To: Support (Coaches & Advocates)
- How To: Fade Out (Coaches & Advocates)
- Thank you!
Background

- Kerry Hagner
  - LEND Fellow 2011-2012
  - Special Olympics Ambassador
  - Employee at Café Carolina in Chapel Hill

- Megan Kovac
  - LEND Fellow 2010-2012
  - Doctoral student at UNC
Our Experience

- Leadership Education in Neurodevelopmental Disabilities Fellowship Program
LEND is:

- Graduate-level training program
- PBL course
- Leadership Training
- Variety of Activities
- Classmates include: graduate students, family advocates, faculty members, advocates with disabilities
How To: Relationship

- Self-advocate is responsible

What do I need to help me be successful?

- Coach is facilitator

How can I help the self-advocate be successful?
How To: Relationship

- Identify goals, strengths, and challenges at the start

- Keep it professional (limit personal information)

- Respect each other

- Communicate
  - Private cues
  - Be open
How To: Structure

- Have scheduled meeting times
- Come prepared!

Coaches

Know syllabus, share agenda, call with reminders when appropriate, be familiar with other supports

Advocates

Review information, bring questions
How to: Support (Coaches)

- Visit educational websites to get ideas

- Graphic organizers, previewing information, supplemental activities (websites, youtube)

- Use your time to approach content in different ways
  - Reading, listening, drawing, rehearsing, writing out questions for class
How To: Support (Advocates)

- Bring questions and concerns to coach
- Be honest
- Be trustworthy
- Try your best
- Talk about worries or stress BEFORE class
- Be open to different strategies
- Know all your resources
How To: Fade Out (Coaches)

- Gradual: Respond to advocate’s individual needs
- Support relationships with other students/profs (talk about how to ask for help during or after class)
- Check in anonymously and provide support as necessary
- Check in about pace of fading out
- Fade out- don’t disappear!!!
How to: Fade Out (Advocates)

- DON’T PANIC!!!
- Try the work and ask if you’re stuck
- Communicate with coach to let them know how it went
- Let coach know if you’re worried about a big assignment
THANK YOU!!

Please feel free to contact Megan or Kerry with questions.
Megan: Megan.kovac@live.unc.edu
Kerry: kmhagner@msn.com