



**Golden Gate Regional Center
Consumer Rights Advocate**

Elizabeth Grigsby

My name is Elizabeth Grigsby. I've been working for Golden Gate Regional Center since 1995 as the Consumer Rights Advocate. My philosophy towards self-advocacy is to help individuals with disabilities thrive and get the best services possible that they deserve. I always look at the individual we serve as a whole person, their disability is second. I am able to help the people we serve to have a voice and to strengthen their voice in how they want their life to be – not how somebody else wants it to be.

How to contact me:

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Here is a list of things I can offer to consumers, Social Workers, and families:

1. I am able to help people we serve with their Individual Program Plans (IPPs) by helping them figure out how they want their IPPs to go and what kind of goals and objectives they have, and helping them to achieve their goals and objectives.
2. I am available to do self-awareness trainings in the community for and about people with disabilities.
3. I can assist with organizing and planning various events and projects.
4. I can assist with explaining community living options to the people we serve.
5. I can assist with budget advocacy for various groups and consumers.
6. I can work with Social Workers by being another resource for their clients. For example:
 - a. If the Social Worker has a client that needs help knowing about what his/her rights are I would help explain them to him/her as well as explain the Lanterman Developmental Disabilities Act.
 - b. If the Social Worker thinks that their client would benefit in opening up more to someone that they can relate to.
 - c. If they would want me to sit in on a client's IPP meeting to help the client be able to express how he/she feels or wants to say.



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Marin County

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