

# Learning More about Yourself as a Self-Advocate and as a Leader

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Ida Woodden and Mary Angus

# Self-Advocacy and Disabilities and What It Looks Like



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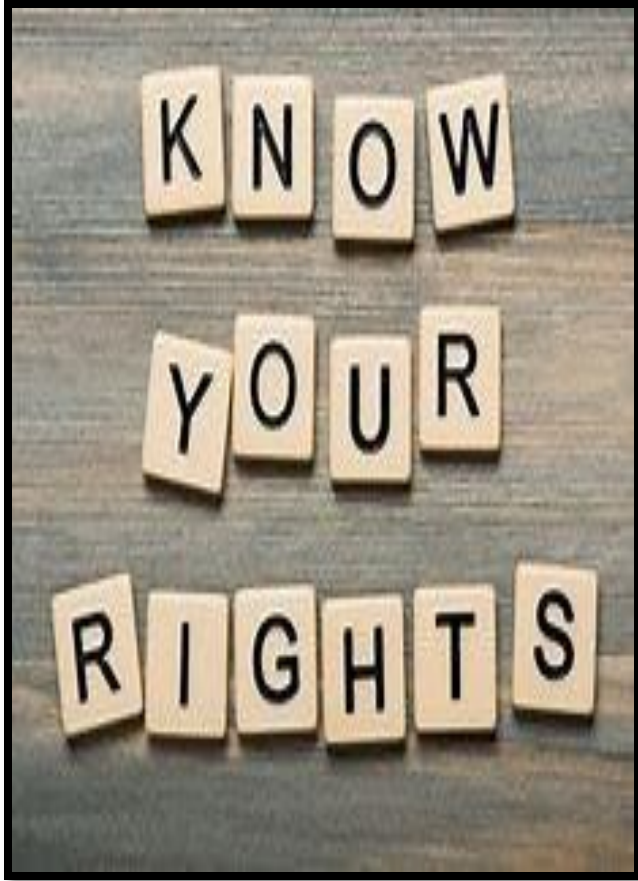


# 10 Effective Steps for Self-Advocacy

## **Believe in Yourself**

- \* You are a unique and valuable person.
- \* You are worth the effort it takes to advocate for yourself and protect your rights.
- \* You can do it! You may need to work on raising your self-esteem to Believe in Yourself
- \* You become your own best advocate.





- \* You are entitled to equality under the law.
- \* Some of us who have had physical/mental health challenges do not believe that have the same rights as other people.
- \* I can not trust people I do not know well to make decisions for me.
- \* I now have people to make good decisions for me if I am can not able to make good decisions

## Decide What You Want

- \* Clarify for yourself exactly what you need.
  - \* This will help you set goals to explain what you want and need for yourself.
- Goals
  - Objectives
  - Needs/Wants







## \* **Get the Facts**

\* You need to know what you are talking about or asking for.

\*The internet is an excellent source of information.

\*You will still need to check accuracy by reviewing several different references to see if they agree.

\*Reach out to people who recognize good sources.

# Planning Strategy

- \* Using the information you have gathered, make a plan.
- \* Think of several ways to solve the problem.
- \* Ask supporters for suggestions.
- \* Get feedback on your ideas.
- \* Then take action using the one that you feel has the most chance of being successful.





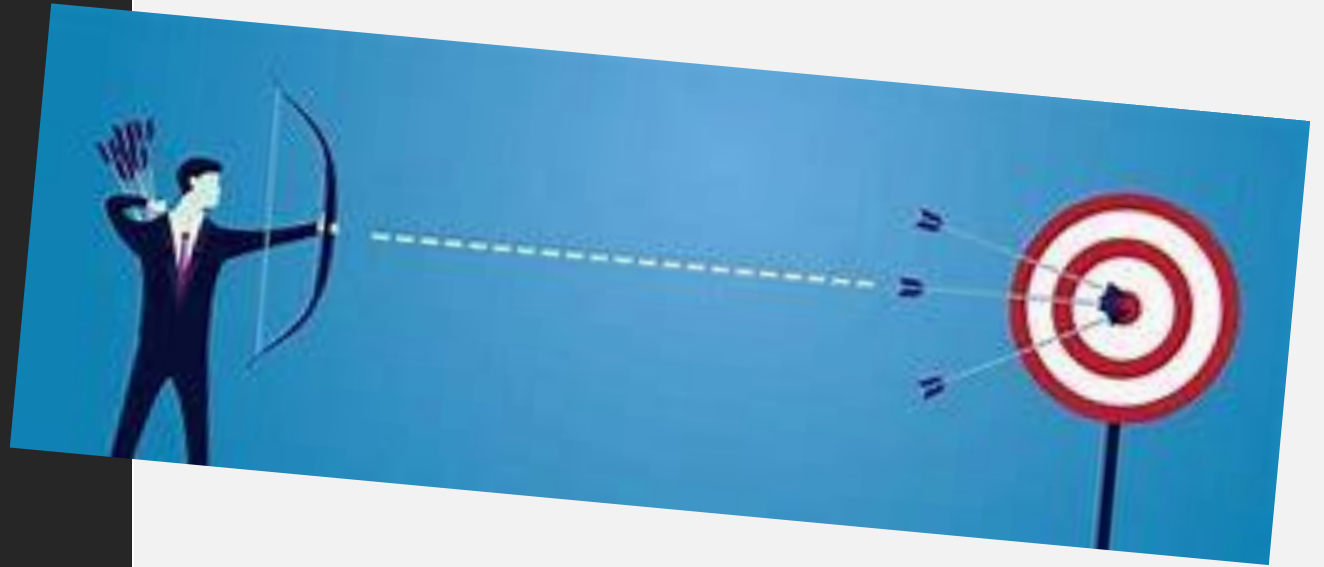
## **Gather Support**

Family, friends, and others can also help you advocate.



## Target Efforts

- \*What person or organization do you need to deal to get action?
- \*Talk directly with them.
- \*It may take a few phone calls to find out who can help you. it is worth the effort.
- \*Maybe the right person is your spouse or another family member. The head of the local housing agency, your doctor, a case manager, a vocational rehabilitation counselor, or a state legislator could be the best.



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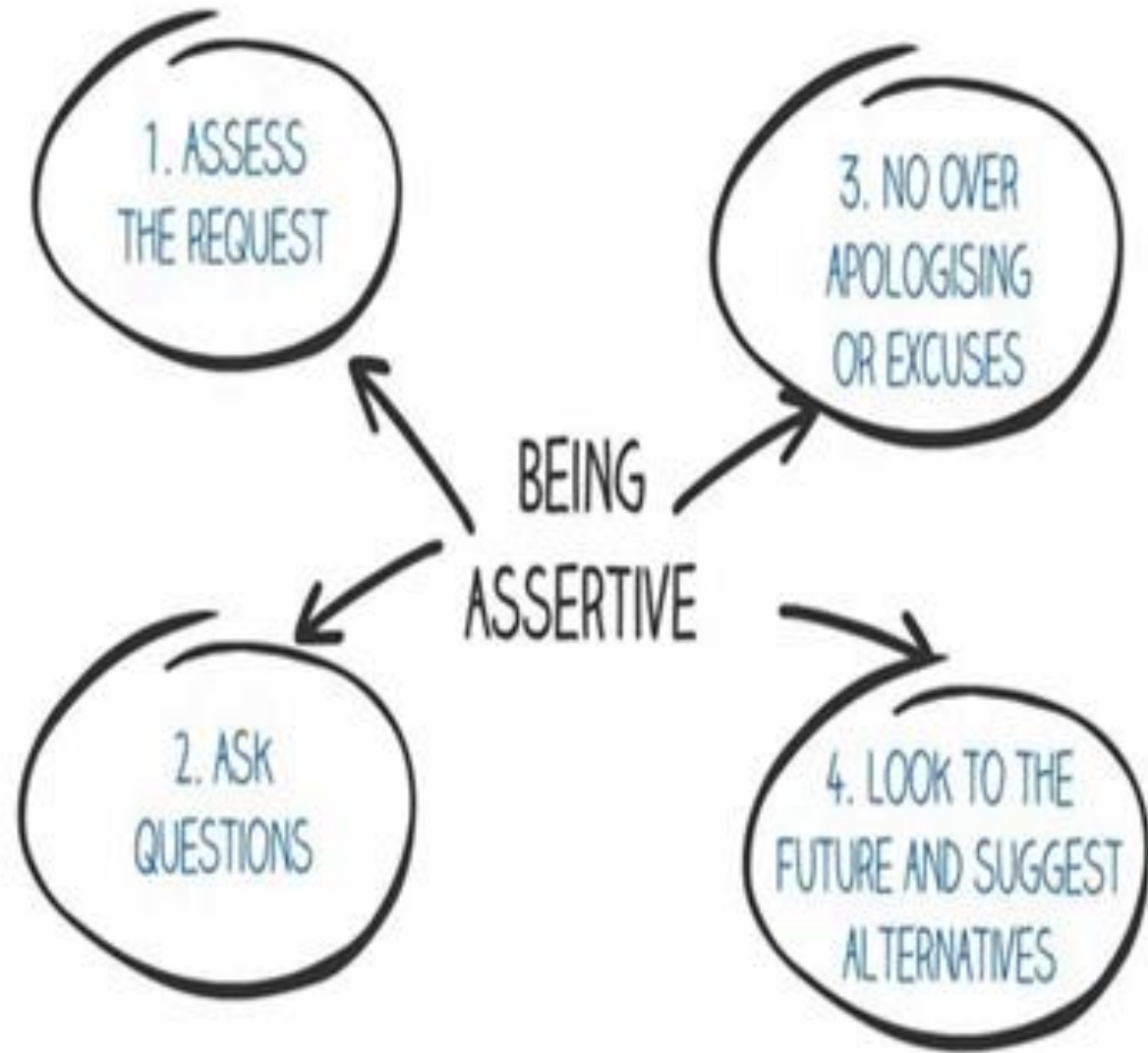
# Express Yourself Clearly

- \* When you asking for what you need, be brief. Stick to the point.
- \* Do not allow yourself to ramble on with unimportant details.
- \* State your concern and how you want things changed.
- \* The other person may try to tell you why that cannot be done.
- \* Repeat again what it is you want until they either give it to you or help you work out an answer.
- \* If you feel this may be difficult for you, you may role-play different scenarios with a peer.



## More suggestions:

- \* Don't lose your temper and lash out at the other person.
- \* Speak out, ask for what you need and want, and then listen.
- \* Respect the rights of others. Do not let them “put you down”.



## Be Firm and Persistent

- \* Don't give up!
- \* Keep after what you want.
- \* Always follow through on what you say you will do.
- \* Dedicate yourself to getting whatever it is you need.





# Good Leadership Characteristics

Self-Awareness

Respect

Compassion

Vision

Communication

Learning

Collaboration

Influence

Integrity

Courage

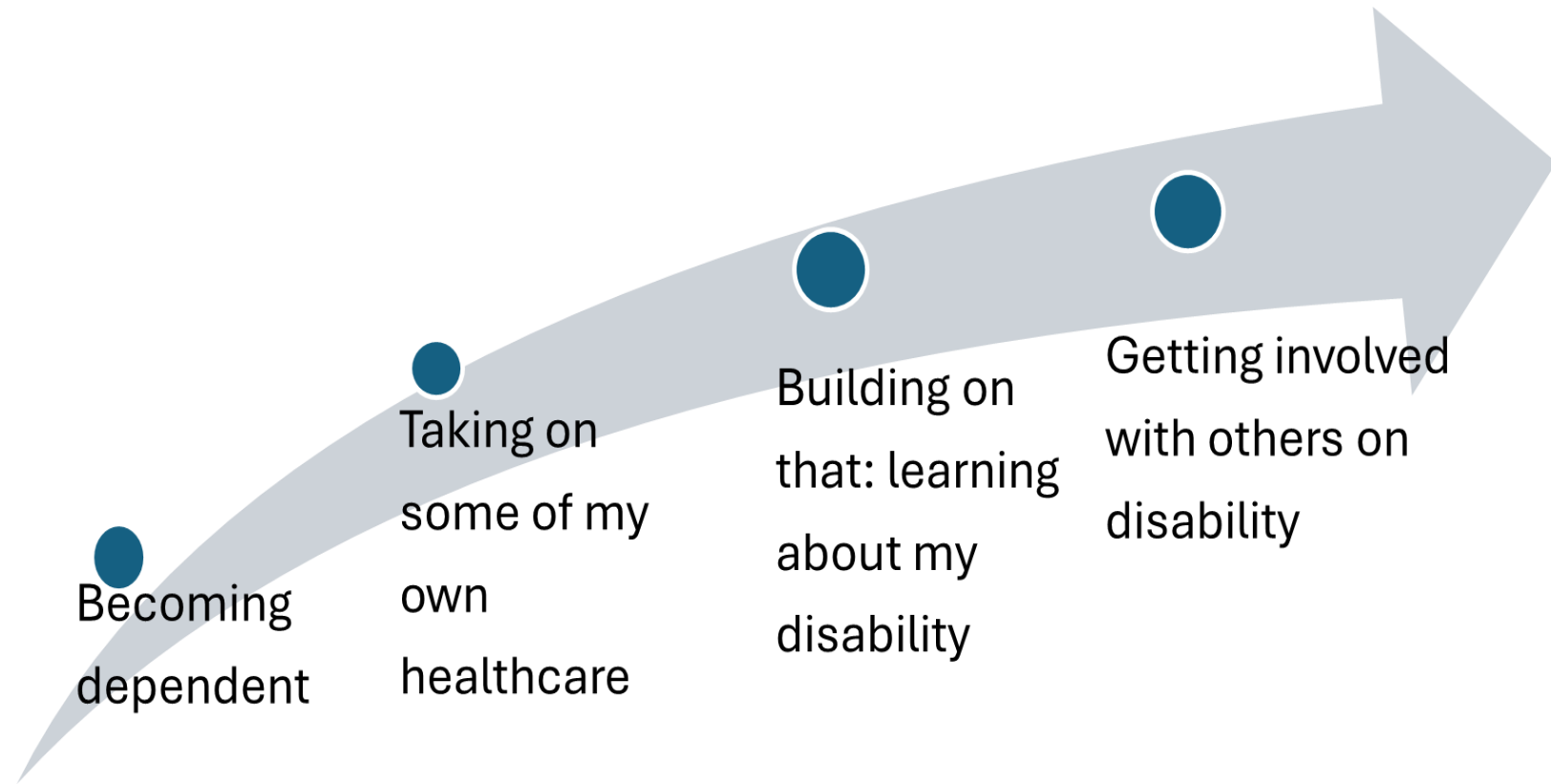
Gratitude

Resilience





# Self- Advocacy Timeline



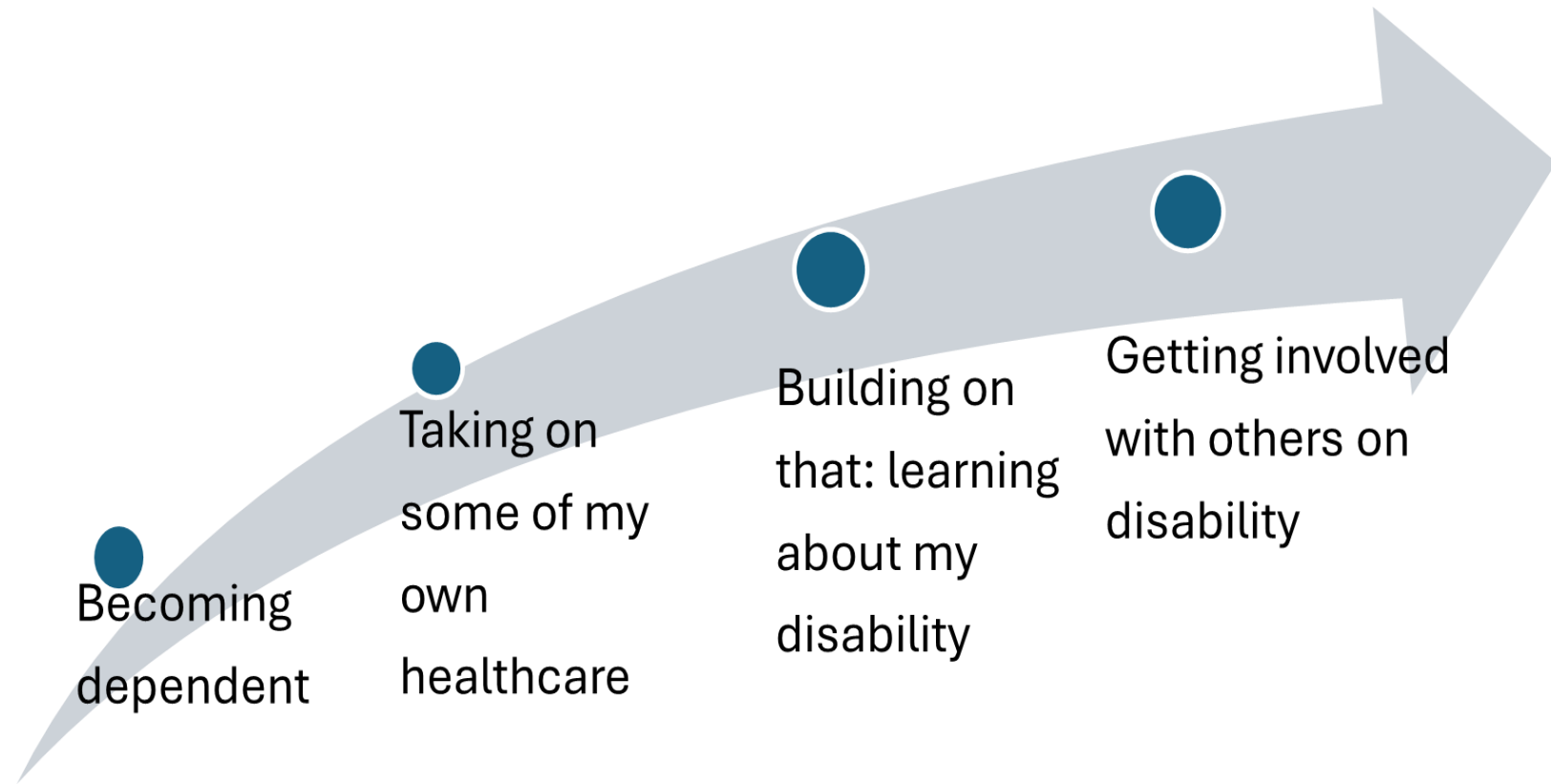
# Leadership Timeline

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# Self- Advocacy Timeline



# NOTES