

SELF-ADVOCACY

Definition

Self-advocacy means that you are able to **speak up** and voice your views and opinions on matters which are important to you.

Gaining the **confidence, knowledge** and **skills** to be able to self-advocate will help you **achieve the outcomes** you want, **assert more control** over your life and results in your wishes and feelings **being understood**.

Self-advocacy matters because it helps you to **assert boundaries** to protect your **wellbeing**, stand up for **your rights** and **voice your concerns**.

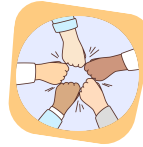
With self-advocacy skills, you are better equipped to **take action** when something feels wrong.

Self-Advocacy is for:



Ourselves

Those we care for



Others - so that they understand your needs

When should I use Self-Advocacy skills?

Self-advocacy is not only for the big challenges such as meetings and appointments - learning how to speak up means you can navigate day-to-day issues with ease.

Self-advocacy is for life!

Skills & Strategies

Reflection: How are you feeling and why? Assess what it is you want to change and what it is you really need.

Preparation: Make a list of your desired outcomes and any questions you have.

Research: What are your rights?

Resources: What information is available to you? Who can you ask for help?

Planning: Who do you need to speak to to make it all happen? How, when and where?

Communication: Make your communication needs known. Be clear, keep calm, listen, take notes and be gently assertive.

Self-care: take a break, take a breath, and try again.

Self-Advocacy Top Tips

Preparation is key
Plan, practice, bring a pen

Be clear about what you want

Explain the whys

Explore your options

Bring someone with you
like a trusted friend

Know your rights

Practice self-care
Take a break if you feel you need to

Sometimes things don't go to plan
...and that's ok

Small steps lead to big changes
Celebrate the small wins



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