Speak Up, Stand Up Move Forward

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Review
Speak Up
What is self advocacy?
“Self advocacy is learning how to speak up for yourself, making your own decisions about your own life, learning how to get information so that you can understand things that interest you, finding out who will support you in your journey, knowing your rights and responsibilities, problem solving, listening and learning, reaching out to others when you need help and friendship, and learning about self-determination.”

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Why is self-advocacy important?
• Speak up for yourself
• Learn about who you are
• Describe your strengths and weaknesses
• Learn about your rights
• Set goals
• Find help if you need it
• Effect personal change and improve QOL
School

Home

Work

Community

Health Care Decisions

Quality of life choices

Healthy Lifestyle Behaviors
Self-Advocacy Characteristics

Self-awareness
- Interests, Strengths & Preferences
- Goals & Dreams
- Support needs
- Accommodation needs
- Characteristics of one’s disability
- Responsibilities

Knowledge of Rights
- Personal rights
  - Community rights
  - Human service rights
  - Consumer rights
  - Educational rights
  - Steps to advocate for change
  - Knowledge of resources

Communication
- Assertiveness
- Negotiation
- Body Language
- Use of assistive technology
- Listening
- Compromise

Leadership
- Knowledge of group’s rights
- Advocating for others or for causes
- Knowledge of resources
- Organizational participation
What do I want to work on?

What do I need to be successful?

How can I make what I want a reality?

What are the barriers to making a change?
“To know the road ahead, ask those coming back”
“Destiny is not a matter of chance, it is a matter of choice; it is not a thing to be waited for, it is a thing to be achieved.”

- William Jennings Bryan
Stand Up
Are you ready for change?
Assessment
Is there a problem?

What is the problem?
Willingness to change
What choices do I have?
What is the best decision?
Why is it the best decision?
Ability to change
Specific
Measurable
Achievable
Relevant
Time-Framed
If you’re having trouble, it’s okay to ask for help.
Challenge
Nudge
Empower
Speak Up
Stand Up
Move Forward
“Great things are not done by impulse, but by a series of small things brought together.”

Vincent Van Gogh