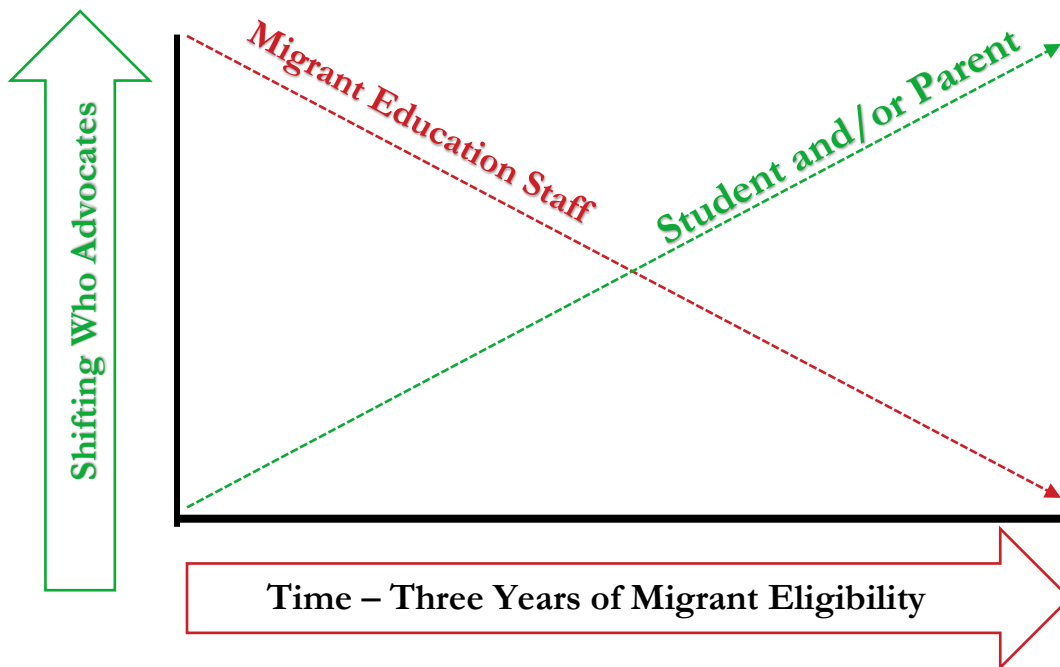


Self-Advocacy Continuum



We provide the guidance and support that leads to independence

Advocating For → Advocating With → Self-Advocacy

Definition of Self-advocacy:

- ✓ An individual's ability to effectively communicate, convey, negotiate or assert his or her own interests, desires, needs, and rights. It involves making informed decisions and taking responsibility for those decisions (VanReusen et al.,1994).
- ✓ An individual making a deliberate or purposeful choice to speak up for his/her needs.

Believing that you are worth it, is the first step towards advocating for your rights.

Knowledge and Information

- Know and understand your rights and responsibilities
- Learn all you can about your needs, interests, strengths, and weaknesses
- Know what accommodations you need as well as why you need them

Behavior, Belief and Action

- Know how to effectively/assertively communicate your needs and preferences
- Find out who the key people are and how to contact them if necessary
- Be willing to ask questions when something is unclear or you need clarification