

Who is a Self Advocate?

1

A self advocate is a person with disabilities who asks for what they want or need to live their best life, and may also work with others to make life better for all disabled people.

You are a self advocate if you have ever spoken up for what you believe in or what you want.

You are a self advocate if you have taken responsibility for your own life choices in any way.

You are a self advocate if you have ever questioned other people's expectations of you.

You are a self advocate if you have ever joined a disability advocacy group (self advocate or other) and believe that the group's work will make life better for all people with disabilities.

Even if you have never done any of these things before, you can become a self advocate by getting involved today.

**TRY THE DISCOVERY
ACTIVITY ON THE
BACK OF THIS PAGE
TO GET STARTED!**

ADVOCACY IS ACTION - YOU CAN MAKE A DIFFERENCE

Discovery Activity

2

YOU KNOW YOURSELF BEST!

Try asking yourself these questions and then write down your answers.

1. What does your "best life" look like?
2. Why do you want to get involved in self advocacy?
3. What issues or goals do you want to work on?
4. What strengths or talents do you have?
5. What challenges do you have?
6. Who can support you in your advocacy activities?
7. How do you want to get involved in your community?
8. What will help you be more successful?