

Self-Advocacy

COMPASS/QI Department

Housekeeping Tips

- ▶ Please keep your microphone muted unless you are speaking.
- ▶ Please turn off or silence yourself phone.
- ▶ Please turn off your camera if you need to take a call or do something else.
- ▶ Please use you virtual hand and try not to interrupt others.



raise hand

What is Self-Advocacy?

Definition: The action of representing oneself or one's views or interests.

- ▶ Self-advocacy means you know your rights and responsibilities, you speak-up for your rights, and you are able to make choices and decisions that affect your life. The goal of self-advocacy is for YOU to decide what you want then develop and carry out a plan to help you get it. It does not mean you can't get help. Self advocacy is the ability to say what you need, want and hope for in life.



Self-Advocacy Exercise

- ▶ Who here advocates for themselves? Please raise your hand and provide an example.



What is the goal of Self-Advocacy?

- ▶ The goal of self-advocacy is for YOU to decide what you want then develop and carry out a plan to help you get it. It does not mean you can't get help if you need or want it, it just means that you are making the choices and you have to be responsible for the choices you make.

Why is Self-Advocacy important?

- ▶ Self advocacy is the ability to say what you need, want and hope for in life.



Why is Self-Advocacy important?

- ▶ Self-advocacy tells you that your needs are important and you shouldn't allow others to ignore or take advantage of you. The key is for you to do this respectfully. It's all about balance. Self-advocacy builds self-sufficiency.



Self-Advocacy (cont'd)

- ▶ It is your right to speak up for yourself and tell others what you feel is best for you.



Self-Advocacy Exercise (cont'd)

- ▶ You have a right to ask for what you need. Who can provide an example of this?



Exercise

	Always	Sometimes	Hardly Ever	Example
I decide what I do each day				
I decide what I wear each day				
I decide what I eat each day				
I decide what things I like to do for enjoyment				
I decide who I spend time with				
I make my own decisions				