

Information from Service Coordination

Self-Advocacy

Self-Advocacy is speaking up for yourself to make choices about what is important to you. It means having power and control over your own life. When you are at a meeting or at the doctor's office, and you tell people what you want and need, you are being a self-advocate.

How can I become a self-advocate?

- Speak up for yourself and ask people you trust to help you with this
- Ask people you trust to help you get what you want
- Get to know your rights and responsibilities so you can make choices about your own life
- Join a self-advocacy group; your service coordinator can help you find a group in your area that fits your needs

A self-advocacy group can help you:

- Learn how to be an effective self-advocate and become a leader
- Get support from other people who want the same things
- Advocate for changes that affect all people with disabilities
- Meet new people and have fun
- Learn about laws and regulations that affect people with disabilities
- Learn how to talk to the legislators in Annapolis about the needs of people with disabilities

For more information about self-advocacy groups:

Visit www.selfadvocacyonline.org

DDA's website: <http://dda.dhmh.maryland.gov/Pages/Self-Advocates%20List.aspx>

These websites are targeted to those who are just learning about their own rights and responsibilities as well as to those who participate in organized self-advocacy groups and activities.

These Fact Sheets are designed to provide general information only and are not designed to substitute for the assistance of a Service Coordinator.