



YOU MAY WANT TO INCLUDE....



- **Contact information about your local self-advocacy group**



- **A schedule of meetings**



- **Copies of times you have advocated (such as letters, speeches...)**



- **Information you gather about self-advocacy**

Advocacy



Advocacy by Todd Washburne

One of the important things we can do is to advocate for ourselves. Plans are important and our taking part in making them is too. By taking part we can determine how we will live our lives. Becoming vocal about ourselves is part of being an adult.

Advocating for ourselves starts with firmly stating what we need to become the adult we want to become. This should be done in small chunks. I asked my team to give me help so I can get my high school diploma and begin college courses. This will be an important step toward a writing job someday. Jumping into it all at once would be too much, so we set small goals that help me towards the big one.

We need to keep in mind that goals change as time goes on. There may even come a time when we will have to change a plan because it's

not working. You can do much of this yourself, but it is ok to seek outside help. The way to get what you need is by making reasonable demands.

One time I was trying to get a new job coach. I had to convince my team it was important. I was successful but it took a long time. I had good advocates working with me but it still was very difficult. It became a major issue. Sticking with it was the key to that situation. I could not have been successful by myself.

There are many other ways that advocacy can be helpful like talking with legislators or schools to get better services for everyone. You are just as important as anyone else. You have a right to be standing up for yourself. You also have a right to expect others to listen to you.

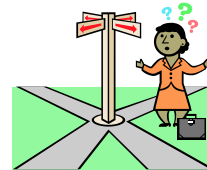
Advocacy

It's Your Choice!

Self-advocacy is...



Speaking up for yourself and helping others to speak for themselves.



Making your own decisions and knowing your responsibilities.



Getting to know yourself, being proud, and feeling good.



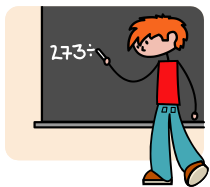
Thinking of all the other movements and preserving your rights.



Getting to know people around you and making friends.



Realizing you are not alone, that there are other people who are just like you.

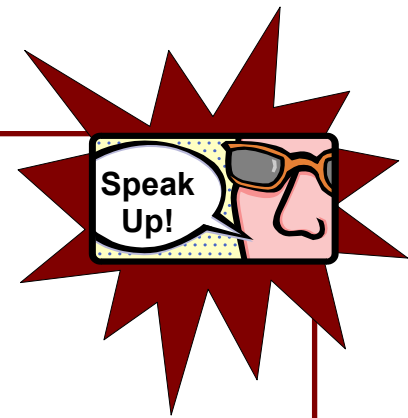


Learning new things, solving problems, finding resources, making your case, negotiating for what you want.



Being part of your community.

Advocacy



Let your team know if you want more information!

What about joining a self-advocacy group?

Who on your team will you tell?

I will tell _____

- I want to become involved in a group.**
- I want to learn how to advocate for myself.**

Green Mountain Self-Advocates is a statewide self-advocacy organization in Vermont. There are hundreds of self-advocates all over Vermont speaking up for themselves as members of local groups.

**Call us for more information.
1-800-564-9990
This call is free in Vermont.**