

Self-Advocacy Resources

What is Self-Advocacy?

Self-Advocacy is learning how to speak up for yourself, making your own decisions about your own life, learning how to get information so that you can understand things that are of interest to you, finding out who will support you in your journey, knowing your rights and responsibilities, problem solving, listening and learning, reaching out to others when you need help and friendship, and learning about self-determination.

Why is Self-Advocacy Important?

So that you have the knowledge needed to succeed and are given the chance to participate in decisions that are being made about your life.

- Wrightslaw's definitions -

<http://www.wrightslaw.com/info/self.advocacy.htm> Wrightslaw's self-advocacy website

<https://www.azdisabilitylaw.org/guides/> Self-advocacy guides

<http://selfadvocacyonline.org/learning/> Learn about self-advocacy

<http://selfadvocacyonline.org/research/> Answers to important questions that can make your life better

<https://www.facebook.com/SelfAdvocacyOnline/> Facebook - Self-Advocacy Online

<https://scdd.ca.gov/ssanwebsites/> Websites of interest to self-advocates

<http://www.thearc.org/self-advocates> National Council of Self-Advocates

<http://www.parentcenterhub.org/priority-selfadvocacy/> Best practices in self-advocacy skills building

<https://teachingselfadvocacy.wordpress.com/description-of-self-advocacy/> Teaching self-advocacy

<http://autisticadvocacy.org/> Autism Self-Advocacy Network

<https://www.understood.org/en/friends-feelings/empowering-your-child/self-advocacy/the-importance-of-self-advocacy> Self-advocacy for children

<https://www.facebook.com/groups/36140889219/> Facebook - Self-Advocates Becoming Empowered

<http://www.selfadvocacyinfo.org/self-advocacy/> Self-Advocacy Resource and Technical Assistance Center

<http://www.pacer.org/transition/learning-center/independent-community-living/self-determination.asp> Self-determination for transition age youth and young adults

<http://www.ngsd.org/everyone/what-self-determination> Importance of self-determination for people with disabilities

