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.parentcenterhub.org/priority-selfadvocacy/ Best practices in self-advocacy skills building
http://autisticadvocacy.org/ Autism Self-Advocacy Network
https://www.facebook.com/groups/36140889219/ Facebook - Self-Advocates Becoming Empowered
http://www.selfadvocacyinfo.org/self-advocacy/ Self-Advocacy Resource and Technical Assistance Center

MSCDD does not endorse specific websites listed. Please provide additional resources at http://www.mscdd.org/contact-us/ Thank you!