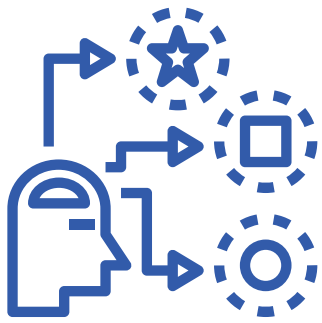


# Our VOICES Matter

## How to support self-advocates?



Advocacy is about what you want, not what other people want for you.



Each person can decide whether they want to be an advocate or not. *It is not a decision for staff to make.*



The advocates should lead and make the decisions.



It's good when staff ask what we need help with. *Let us do it how we want to do it.*



Be available to help set up technology to join a meeting, or help with transportation if needed.



Ask questions to help me share my thoughts.



Share ideas that might be helpful. Let us think about them and share our own ideas.



It's okay to have a bad day. Walk alongside me, rather than try to fix me.



Be calm and patient. Leave silence.



# Treat people with respect.

