

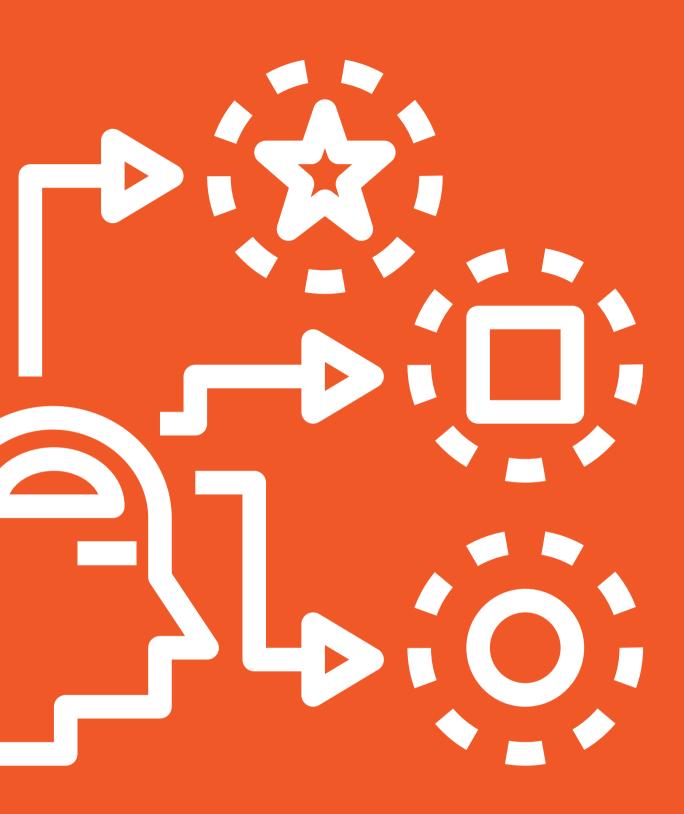
Our Vol CES Matter

How to support self-advocates?

Created by Self-Advocate leaders from the Our Voices Matter Groups

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

Created by Self-Advocate leaders from the Our Voices Matter Groups







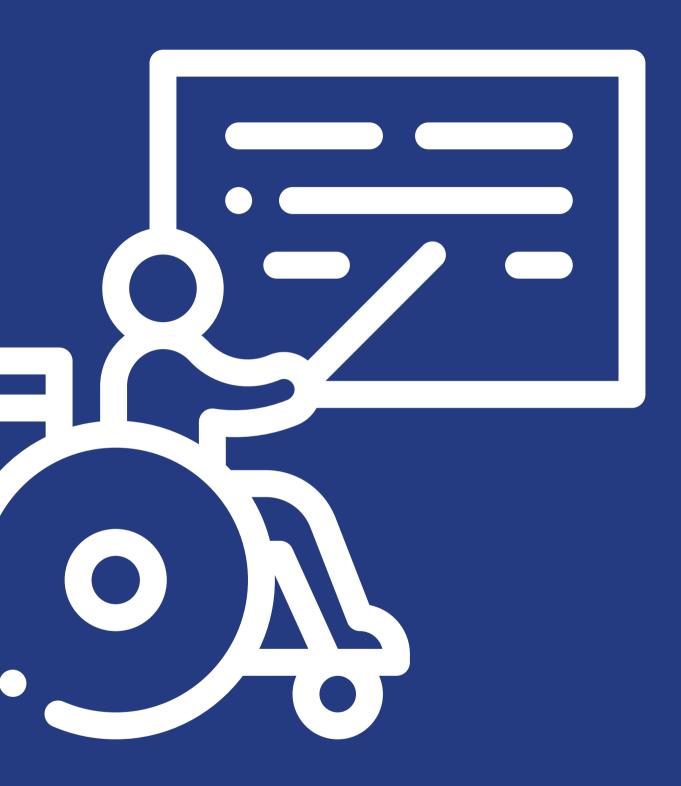
Each person can decide whether they want to be an advocate or not.

It is not a decision for staff to make.

Created by Self-Advocate leaders from the Our Voices Matter Groups

The advocates should lead and make the decisions.

Created by Self-Advocate leaders from the Our Voices Matter Groups









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.



