

Self-Advocacy

ADDITIONAL RESOURCES

For more information about groups
in your area contact:

▪ Your **Service Coordinator**

▪ **People on the Go**
410-974-6139
www.arcmd.org

▪ **ADAPT**
410-321-4950

For more information on topics
discussed in this fact sheet,
contact

Service Coordination
Phone: 301-663-8044
www.servicecoordinationinc.org



What is Self-Advocacy?

Self-Advocacy is speaking up so that you can make choices about what is important to you. It means having power and control over your own life. When you are at a meeting or at the doctors office, and you tell people what you want and need, you are being a self-advocate. Self-advocates can also be a voice for a large number of people. One way is to meet with legislators in Annapolis to discuss the needs of people with disabilities.

How can I become a self-advocate?

- By getting to know your rights and responsibilities and making choices about your own life
- By speaking up for yourself or asking others to help you speak up
- By asking other people to help you get what you desire if you need to

Why do people join self-advocacy groups?

- To learn how to be an effective self-advocate and become a leader
- To get support from other people who want the same things
- To advocate for changes that effect all people with disabilities
- To meet new people and have fun

How do I pick a group that is right for me?

Learn about the group to see if you are interested. For example, *People on the Go* is a statewide group supported by The Arc of Maryland for people who have cognitive disabilities and *ADAPT* is a group for people with disabilities who use attendant care services. Attend the group a few times to see if you like it.

Where can I get information about self-advocacy groups?

Your **Service Coordinator** knows about groups in your area.

These Fact Sheets are designed to provide general information only and are not designed to substitute for the assistance of a Service Coordinator.