



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.

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Contact Us:

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