

2. GET OTHER PEOPLE TO HELP YOU

We all need help at times.

Sometimes we can get stuck in self advocacy because:

- we don't have a particular skill;
- we don't have a particular piece of information;
- or we may be unsure about something and need advice.

To make the most of self advocacy, don't be afraid to ask for help if you get stuck!

If you are part of a self advocacy group, your advisor may be able to help you. If you are not in a group, a friend, staff member, or one of your family members may be able to give you a helping hand.

You may need help from a person with a particular skill.

For example:

Your group might need help from:

- a secretary to do your typing;
- or from someone who is good at art to create a poster;
- or from a person who understands money, if you want to open a bank account.

You may need help from a person who can give you information or advice.

Summary

Recruiting Member to Your Group

Recruiting new members to your group means you get more people involved in self advocacy.

Having more members can mean the group can get more things done.

You will probably want to meet as a small group first, before you start recruiting many new members.

Remember that a group doesn't have to be large to be successful.

There are several ways you can recruit new members to your group:

- talking to other people about the group
- putting up posters
- sending out a newsletter
- writing a leaflet about the group
- writing about the group in other people's newsletters
- having social events
- having special meetings like film shows