

Self Advocates

Who Are Self Advocates and What Do Self Advocates Do?

Self Advocacy in Groups

Self advocates are people like you who want to stand up and speak for themselves.

Recently, people who have developmental disabilities have been forming themselves into self advocacy groups.

There are groups of people who are involved in self advocacy groups.

There are groups of people who have gotten together in adult training centres or social education centres, in hostels and hospitals or as groups of friends.

Other groups have members from different places who meet together in a place like a training centre.

It may be easier to hold meetings somewhere other than in a place which belongs to people who run services like centres or hostels.

You might feel more independent if you have your own meeting place.

Summary

Listening

Listening means paying attention to what another person is saying to you.

It is important to be a good listener because:

- it shows the person who is talking that you are interested in them and that you are interested in what they are saying.
- it encourages people to talk to you.
- it shows the other person that you think they are important.

