

We need self advocacy to tell people who we are and what we think.

This will help to change people's wrong ideas. It will help people to treat us better and give us more opportunities.

Without self advocacy, we will continue to be seen as second-class citizens.

With self advocacy, we will be seen as people first.



- A person who knows something about disabilities and about services for people with developmental disabilities in your community.
- A person who is willing to spend time with your group without being paid if that is what is needed.
- A person who is willing to support the group to make their own decisions.
- A person who doesn't run a program or services.
- A person who is willing to help the group without taking over. That person should know the goal is to make the group work without an advisor someday.

## What are some things advisors do?

Advisors do many things. Here are a few:

- Give advice when asked.
- Help guide the group.
- Help get more training for what the group needs.
- Attend every meeting.
- Work with the group to change things that stand in the way.
- Do whatever is needed to make the group work better for all the members.