Global Self-Advocacy Initiative

Voice + Control + Support = Inclusion

What is self-advocacy?
Self-advocacy is about having a voice, being listened to and taking control of our own lives. Self-advocacy is about growing our confidence and belief in our abilities. Self-advocacy is about knowing our rights and that we must be included in all parts of community, just like people without disabilities. Self-advocacy is about working together to make change in our communities.

1. Personal Empowerment
   - We are supported to have choice and control in our own lives
   - We are supported to communicate our choices
   - Sometimes this starts at home

2. Support and self-help groups
   - We join a group with other self-advocates
   - We listen to each other and support each other
   - Sometimes this is for fun and social activities
   - Sometimes we learn skills on how to speak up
   - Sometimes we focus on specific topics
   - Generally we need support to run these groups

3. Self-advocacy for collective action
   - We are supported to focus on important issues that will change the way we live in our communities and make things better.
   - We might campaign or lobby for change.
   - We might work with other advocacy groups to do this.

www.inclusion-international.org

Over the past two years Inclusion International has been meeting with self-advocates in every region of the world to hear about their experiences. Many people and groups have told us what self-advocacy means to them and what support they need. We want to create a space where self-advocates, families and supporters can share tools and tips to help self-advocates be heard.

Help Build a Global Strategy by:
- Joining our network
  http://inclusion-international.org/join/
- Sharing resources
  https://www.surveymonkey.co.uk/r/globalselfadvocacy
- Coming to the Self-Advocacy Leadership Summit
  www.convention.thearc.org/

www.inclusion-international.org
Our self-advocacy strategy will support and inspire self-advocacy by sharing resources for:

**Families**
*Support and training to...*
- Better understand and value self-advocacy
- Know “how-to”
- Supports to do things our own way
- Believe in us

**Self-advocates**
*Help and support to...*
- Share experiences
- Get started
- Organize a meeting
- Learn to speak for ourselves
- Respect, learn and inspire

**Supporters**
*Resources that promote...*
- Choice to have support when we need it
- Trust
- Respect
- Independence
- Communication
- Development of skills
- Be aware of needs

**Organizations**
*Tools and resources to...*
- Help ensure processes/structures are inclusive of self-advocate leadership
- Provide support to supporters
- Change the way services are delivered to reflect principles of “choice and control”
- Create accessible language and processes to enable participation