

DDWA Self Advocacy Program

WORKBOOK



Session 1. What is Self Advocacy?



ADVOCACY



KNOWLEDGE



COMMUNITY

DEVELOPMENTAL DISABILITY *wa*

This book belongs to:

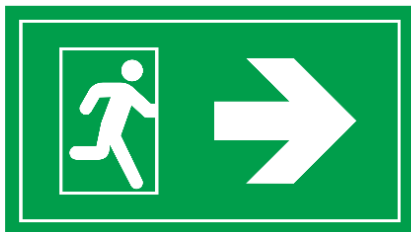
Introduction



Welcome Everyone



Toilets



Emergency



Break

What will we learn in this session?

- Who is DDWA ?
- What makes a good meeting?
- Group understandings
- Introductions
- Aims of the course
- Benefits of the course
- What is Self Advocacy ?



Who is DDWA ?

We help people who were born with a disability and need help to understand things.



We help you to stand up
for yourself or your family.



We help you to learn
new things to make your
life better.



We help make the
community a better place for
people with disability to live.

You can be a member of DDWA for free.

Getting to Know Everyone...



Tell the group/person next to you - what your name is.



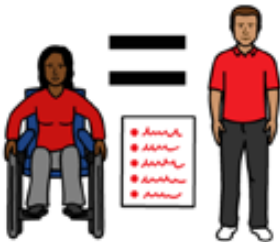
Tell the group/person next to you - something you enjoy doing.



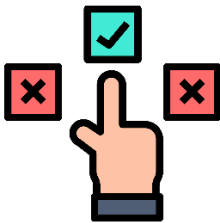
The Aim of the Course



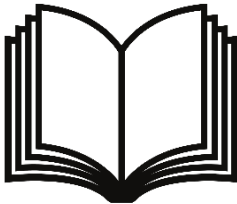
- Speak up for yourself.



- Think about what you want your life to be like.



- Make decisions about your life



- There is a booklet to help you through this course. It is yours to keep.

How this course helped Justin



Justin said that he feels confident in speaking up for himself.

He has learned to use the skills he learned in this course to help others.

How this course helped Lauren



Lauren said that she has learned she likes encouraging others in their activities.

How this course helped John



John said that self-advocacy has changed his life for the better.

He now feels he has a purpose in helping other people with disabilities to know about their rights.

How this course helped Michelle



Michelle said that self-advocacy has helped her to speak up to her Dad about the things that are important to her in her life.

She now has a partner and wants to start her own business.

How this course helped Georgie



Georgie said that self-advocacy has helped her to say what she needs to government departments and as a tenant in her house.



What shall we do to make this a good meeting?

How should we work together?



How to have a Good Meeting



- Take turns speaking
- Listen to others



- Respect others
- Feel comfortable and safe



- Confidentiality

What is Self Advocacy?



Video



Self Advocacy is...



Speaking up for yourself

You may do this through speech, gestures, signing, writing, drawing or with a communication device.



Making your own choices and decisions.



Asking questions.



Telling people how you are feeling.

Being a Self Advocate can help you to:



Feel good about yourself.



Make choices and decisions.



Speak up about and solve problems.



Have control of your life.

The most effective way to Self Advocate is:

By being ASSERTIVE.

Sticking up for yourself; but
being respectful.

Getting your point across
without being rude, critical
or blaming.

Using "I" statements – I feel,
I would like, I need, I want.



Video



So HOW can you self-advocate?



To self advocate you need to:

1. Know your rights.



2. Feel confident to speak up.



3. Ask for help from someone you trust.



4. Decide what you need and want.



5. Ask for it.

So HOW can you self-advocate?



Think about the issue.



See who could support you.



Speak up (with an advocate if you need).



Plan what to say (and practice if you need).

Self Esteem and Confidence



What is Self Esteem?

What is confidence?

How can you build your confidence?



Building Confidence and Self Esteem



Remember the things that make you happy.



Count the things you've achieved/ done well at.



Remember your gifts and talents.

Building Confidence and Self Esteem



Be kind to yourself = be your own best friend.



Know your rights.



Build positive relationships – know who you can trust.



Make your own choices.

Examples of Self Advocacy in the group

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

Video



Examples of Self Advocacy in the

