

Self-Advocacy

ADDITIONAL RESOURCES

For more information about groups
in your area contact:

▪ Your Service Coordinator
or Support Coordinator

▪ People on the Go
410-974-6139
www.arcmd.org

▪ ADAPT
410-321-4950

For more information on topics
discussed in this fact sheet,
contact

The Arc of Frederick County.
Phone: 301-663-0909
www.arfc.org

The Arc
OF FREDERICK COUNTY, INC.

What is Self-Advocacy?

Self-Advocacy is speaking up so that you can make choices about what is important to you. It means having power and control over your own life. When you are at a meeting or at the doctors office, and you tell people what you want and need, you are being a self-advocate. Self-advocates can also be a voice for a large number of people. One way is to meet with legislators in Annapolis to discuss the needs of people with disabilities.

How can I become a self-advocate?

- By getting to know your rights and responsibilities and making choices about your own life
- By speaking up for yourself or asking others to help you speak up
- By asking other people to help you get what you desire if you need to

Why do people join self-advocacy groups?

- To learn how to be an effective self-advocate and become a leader
- To get support from other people who want the same things
- To advocate for changes that effect all people with disabilities
- To meet new people and have fun

How do I pick a group that is right for me?

Learn about the group to see if you are interested. For example, *People on the Go* is a statewide group supported by The Arc of Maryland for people who have cognitive disabilities and *ADAPT* is a group for people with disabilities who use attendant care services. Attend the group a few times to see if you like it.

Where can I get information about self-advocacy groups?

Your Service Coordinator or Support Coordinator knows about groups in your area.

These Fact Sheets are designed to provide general information only and are not designed to substitute for the assistance of a Service Coordinator or Support Coordinator.