

# Self-Advocacy

## ADDITIONAL RESOURCES

For more information about groups  
in your area, contact:

### Support Coordinator

#### People on the Go

443-923-9593

[www.peopleonthegomaryland.com](http://www.peopleonthegomaryland.com)

#### Working Together

Megan Dewing-

[mdewing@arcfc.org](mailto:mdewing@arcfc.org)

[www.arcfc.org](http://www.arcfc.org)

#### People First

[www.peoplefirst.org](http://www.peoplefirst.org)

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

The Arc of Frederick County

Phone: 301-663-0909

Email: [info@arcfc.org](mailto:info@arcfc.org)

[www.arcfc.org](http://www.arcfc.org)



620-A Research Court  
Frederick, MD 21703

### 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 **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 Support Coordinator.*