Person Centered Planning: Self-Advocacy

Self-advocacy means speaking up for yourself. It means telling people what you need. This can be hard when you have autism. Talking with other people can be hard. It can also be hard to tell people what you need. You can learn these skills with practice.

Autism is called an "invisible disability." This means you may not be able to tell that someone has a disability just by looking at them. Other people may not know when you need help. They may not know when you need a change. You may need to speak up and tell them.

WHAT IS SELF-ADVOCACY?

Generally speaking, self-advocacy means:

- Speak up for yourself
- Make your own choices
- Know your rights and what you need to do
- Solve problems
- Ask for help when you need it
- Build friendships

WHY IS SELF-ADVOCACY IMPORTANT?

Self-advocacy helps you know what you need and tell others about it. It helps you make choices about your own life. It includes:

- Knowing yourself
- Thinking about what other people may think
- Knowing what to ask for
- Giving clear details

KNOWING YOURSELF

To speak up for yourself, you need to know yourself well. Know what you do well. Know what is hard for you. Know what help or changes make things easier.



THINKING ABOUT OTHER PEOPLE'S POINTS OF VIEW

Think about other people and where you are. This can help your request work better. For example, if music is too loud in a restaurant, ask to sit in a quiet area. Other people may still want to hear the music. You do not need to ask them to turn off all the music.



KNOWING WHAT TO ASK FOR

Know what help or changes you need to do your best. An accommodation is a change or help that makes things easier for you.

GIVING CLEAR DETAILS

People may be more willing to help when they know why you are asking. Tell them what is hard for you. Tell them what helps you. This can help people understand you.

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