



## Advocate for Change

Are there things in your life that you would like to change? Things that make you unhappy? Do you dream of things you would like to do but don't know how to make it happen? Anyone that speaks up for themselves, letting others know what they think is a self-advocate.

Being a Self-Advocate for change means:

- Solving problems and making decisions.
- Speaking for ourselves.
- Knowing rights and responsibilities.
- Contributing to your community.

SPEAKING OUT  
can be  
POWERFUL



As we learned last summer with Dr Jamie VanDycke, there are 2 levels of self-advocacy.

**Personal Advocacy** - Changes YOU (or a friend) need in your own supports and services. Examples: You need help with your banking; You are having trouble getting around town; Your friend doesn't like his job; Your friend doesn't like where he lives.

**Systems Advocacy** - Changes in policies or rules that EVERYONE needs. Examples: What kinds of family support can a family get; How money is used for developmental disability services; Who lives in an institution and who lives in the community with residential services.

I want to advocate for change, but ***HOW DO I DO IT?***

### 4 Steps to Change

**1. What is the problem?** Example: The stoplight doesn't last long enough for me to cross the street. After you know what the problem is, explain what would be better. The stoplight would be long enough so that people with disabilities could safely cross the street.

**2. Decide who can fix the problem.** Who can make the changes you want? Example: Yourself; Family; Friends; Support Staff; Teachers; Government.

**3. Decide what actions to take.** Ask for what you want and get others that will support your idea. Make your message louder. Ask again. Don't give up.

**4. Did you get the change you wanted?** If no, make changes to your plan and get back to work.

OKLAHOMA DEVELOPMENTAL



DISABILITIES COUNCIL