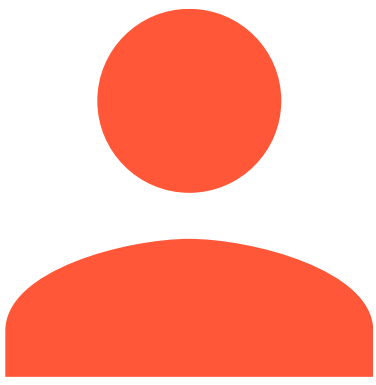
WHAT IS SELF-ADVOCACY?

Make your needs a priority.



1 KNOWING YOUR NEEDS

Know yourself and what you need so you can communicate this to others. Understand your short and long-term goals and what you will need to meet them.



2 KNOWING YOUR RIGHTS

Knowyour rights in yourcommunity, workplace, or in the healthcare system. These can be your legal rights, right to be treated with respect, rights to information, or decision making rights, etc.



3 SPEAKING UP FOR YOURSELF

Be abletoput intowords what you need. Use problem solving skills and be assertive when talking about solutions. Be comfortable sharing your opinions and point of view with others.



4 KNOWING WHERE TO GET SUPPORT

Find places you can look to for support. Look for support resources in your family/friends, social programs in your community, or advocacy programs like the Center for Patient Partnerships.



5 TAKING ACTION

After speaking up for yourself and finding support, identify what is holding you back and work towards overcoming that. Make decisions with enough information to make the best choices for you..

Center for Patient Partnerships