

What is Self-Advocacy?

Self-advocacy is expressing yourself and clearly sharing what your needs are.

Important Self-Advocacy Skills

- Be familiar with your disability, your needs, and strengths.
- Know how to get clarity if you don't understand something.
- Be assertive not aggressive.



Use your strengths!

Content for this resource is provided by DRTx Self-Advocate Intern Larissa Minner of the University of Texas ACT-LEND Practicum Program and is based on her research as well as her professional and personal experience. This handout is not intended to and does not replace an attorney's advice or assistance based on your particular situation.

