

Self-Advocacy Problem Solving

- **What is the problem?**
- **Is it a problem worth solving?**
- **Ask yourself "how does it affect me?"**
- **Describe the problem and how you tried to fix it.**
- **Request what you need.**



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.