



## WHAT IS A SELF-ADVOCATE?

**YOU** are a self-advocate; if you have ever spoken up for what you believe in, especially if it is to someone who thinks they know what is best for you or someone who wants to have control over your life.

**You** are a self-advocate, if you have taken responsibility for your life in some way.

**You** are a self-advocate, if you have ever questioned people's expectations of you.

**You** are a self-advocate, if you have ever joined a self-advocacy group and believe that the group's work is going to make life better for people with disabilities.

Even if you have never done any of these things, **you** can become a self-advocate by getting involved so start today by calling the People First Help-line at 216-736-8395.

Source: Self Advocacy Start-up Tool Kit by the Self Advocacy Department Committee, Self Advocates Becoming Empowered

