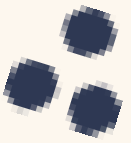


KY-SPIN's "Self-Advocacy Tips"



Be Kind

Treat others the way you want to be treated. Kindness and respect go a long way in setting the tone.

Good Hygiene

Body odor and dirt can be a huge distraction. We want the focus to be on what we are advocating for-not the advocate.



Dress Nice

When dressed nicely, we tend to be taken more seriously than someone who is not.

Ask for Help

Don't be afraid to ask for help. Asking for help is a great way to get past any problems or obstacles that may arise .



Speak Up

Let others know what your needs are . If they don't know your needs they won't know how to help. Know your rights and responsibilities as an advocate.



Negotiation

Getting your needs met may take negotiating skills to reach an agreement. Learning and using negotiating skills is extremely important when advocating for yourself and others.



Disability Disclosure

Disclosure is not required, but it is very helpful to be able to explain your disability either by speaking, written words, pictures or gestures.



Be your own best advocate by being able to discuss:

- Your interests and strengths
- What you want to learn or improve
- Goals you have set for yourself for the future
- How to explain your disability to others
- What you need to be successful (accommodations)
- How you learn best
- What doesn't work for you



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