

## KY-SPIN, Inc. Information Sheet Series

### “Self Advocacy Tips”

One of the first steps in self-advocating is treating others the way you want to be treated. As an example, when showing others respect and kindness advocates the way you want to be treated. Your appearance is as equally important when wanting help getting your needs met. When someone has good hygiene and is dressed nice, they are taken more serious than someone who is not.

It is also important for an individual to make choices and be able to ask for help when there is an obstacle or difficulty that needs to be resolved. Speaking up for yourself and letting others know what your needs are, and getting those needs met may take negotiating skills for reaching an agreement. Knowing your rights and responsibilities, and using the resources available to you are also essential when advocating for yourself.

Disclosure is a part of self-advocacy that may be important particularly for someone with a disability. It is helpful if you are able to explain your disability either by written words, pictures, or gestures.



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Involvement  
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