

Self advocacy start-up toolkit tip sheet

More power, more control over our lives!

9 Ways to Support a Self Advocacy Groups



The right planning and supports can really make your group successful.

Sure, running a self advocacy group can take some work. We think these nine steps will start it off in the right way.



1. Make sure people know when & where the meeting is (call people, send letters or calendars, put up notices, etc.).
2. Make sure the advisor(s) know what their jobs are (make a contract with the advisor).
3. **Have Officer's Meetings** ... Officer's meetings are a time to practice and get ready, to talk about problems, etc.
4. Find ways to **get everyone involved** with the group (everyone has a job, a chance to talk, and responsibilities).
5. Use easy words, pictures, videotapes, etc. so everyone understands what is going on!
6. Make sure the discussions (goals) of the group are **REAL & IMPORTANT** in people's everyday life.
7. Make a 3 to 6-month plan for the group (once a year set goals with the group).
8. Make meetings **FUN!!!** Self-advocacy can be hard work ... have some fun sometimes.
9. Face any problems with the group **"head on."** Part of self-advocacy is solving problems.