Self-Advocacy Characteristics

Self-awareness
- Interests, Strengths & Preferences
- Goals & Dreams
- Support needs
- Accommodation needs
- Characteristics of one’s disability
- Responsibilities

Knowledge of Rights
- Personal rights
- Community rights
- Human service rights
- Consumer rights
- Educational rights
- Steps to advocate for change
- Knowledge of resources

Communication
- Assertiveness
- Negotiation
- Body Language
- Use of assistive technology
- Listening
- Compromise

Leadership
- Knowledge of group’s rights
- Advocating for others or for causes
- Knowledge of resources
- Organizational participation

New Community Opportunities Center at ILRU - Independent Living Research Utilization