

Re-evaluate your goal.

Ask for the person's supervisor if necessary.

Ask for a referral to another person or agency that might be able to help.

If you are not satisfied with the initial resolution:

BE IN CHARGE!

SELF-ADVOCACY

Speak slowly, calmly, and clearly.

Ask questions if you do not understand something.

Follow up if you do not hear back within a reasonable amount of time.

BE IN CHARGE!

SELF-ADVOCACY IS THE ACT OF SPEAKING UP FOR YOURSELF AND YOUR NEEDS. BELOW ARE SOME TIPS FOR BEING AN EFFECTIVE SELF-ADVOCATE:

- Get Support.** Are there family members or friends you can ask for support?
- Clarify the issue.** Take a good look at the issue you are facing.
- Explore your options.** What are different ways you could change the situation?
- Develop a plan.** List the steps you need to take and organizations to contact.
- Prepare before you act.** Gather any relevant documents and keep them with you.
- Speak up.** Explain your conflict as clearly as you can.
- Take notes.** Keep records about whom you contact, the outcome, and next steps.

> BE YOUR OWN ADVOCATE