How to Have a Self-Advocacy Meeting:

The Benefits:

- Meeting with someone face to face is often considered the most effective way to self-advocate. This provides the person you are interacting with the opportunity to connect with you as a human being and develop a clear understanding of your life circumstances and how the situation is impacting you.

The Process:

- If you are arranging a face to face advocacy interaction it is very important to make note of the date, time and location of the meeting to ensure that you don't miss it;
- Take the time to plan the most important things to say. Things such as: what the issue is, how long it has been going on for, any evidence you have to show what has been occurring, any attempts you have made to resolve the issue already, and what you are hoping can change in order for things to improve for you. Also gather together any documents or evidence which support what you have to say;
- If you think you will need support in the meeting, ask a trusted person to come along with you. They can provide both moral and practical support, such as helping you to stay calm and taking notes for you so that you can concentrate on the conversation.

Things to Remember:

- Be on time to your scheduled meeting so that it starts off well;
- Communicate clearly and respectfully. It's ok to acknowledge if something is frustrating or has made you angry, but to allow those emotions to impact how you communicate or treat the person you interacting with may have a negative impact on your self-advocacy journey.