

# *Please Teach Me to Self-Advocate!* Strategies from a Self-Advocate

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# My Journey to Self- Advocacy

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# Global Messenger for Special Olympics



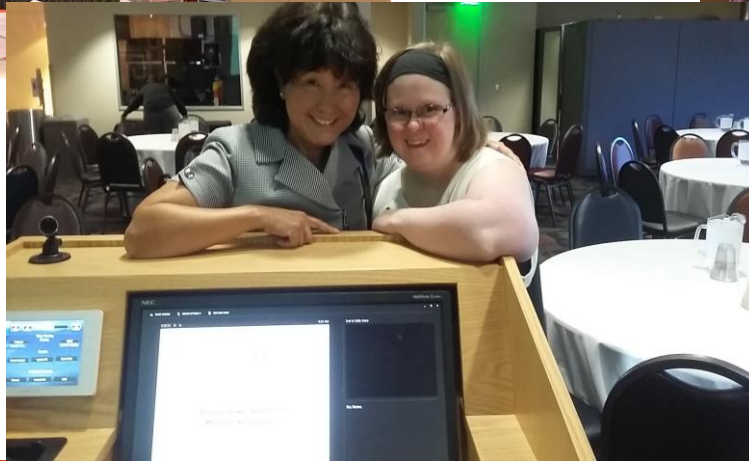
# Going to Washington, DC





# National and State Presentations

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# Serving on the DDD Advisory Council

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# Friends as advocates

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What do self-advocates  
need to do and know?

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Know what you like and  
want to do, and what you  
don't like and don't want  
to do.

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Know what you are  
good at and what you  
are not good at.

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Know who can help you.

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# Teach self-advocacy

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# Personal Preference Indicators

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## Personal Preference Indicators

A Guide for Planning



Preferences  
Choices  
Self-determination

Center for Learning and Leadership . University Center for Excellence  
in Developmental Disabilities Education, Research and Service  
University of Oklahoma Health Sciences Center



<https://www.transitioncoalition.org/wp-content/originalSiteAssets/files/docs/PersonalPreferenceIndicator1253592698.pdf>

# The Arc's Self-Determination Scale

## The Arc's Self-Determination Scale Adolescent Version

The Arc's Self-Determination Scale-Adolescent Version is a student self-report measure of self-determination designed primarily for use by, and normed with, adolescents with cognitive and developmental disabilities. The scale has two primary purposes:

- To provide students and educators a tool that assists them to identify student strengths and areas of support and instructional need in self-determination; and
- To provide a research tool to examine the relationship between and among self-determination and factors that promote/inhibit self-determined behavior, to evaluate the efficacy of interventions to promote self-determination, and for use with related research activities

The scale has 72 items and is divided into four sections. Each section examines a different **essential characteristic** of self-determined behavior: **Autonomy, Self-Regulation, Psychological Empowerment** and **Self-Realization**. Each section has unique directions that should be read before completing the relevant items. Scoring the scale (see [Procedural Guidelines](#) for scoring directions) results in a total self-determination score and subdomain scores in each of the four **essential characteristics** of self-determined behavior. The Arc's Self-Determination Scale Procedural Guidelines ([http://www.beachcenter.org/education\\_and\\_training/self-determination/default.aspx](http://www.beachcenter.org/education_and_training/self-determination/default.aspx)) provides information for administration and scoring the measure and a discussion about the use of self-report measures in general. The scale **should not be used** until the administrator is thoroughly familiar with these issues.

The Arc's Self-Determination Scale-Adolescent Version was developed by Michael Wehmeyer and Kathy Kelchner at The Arc of the United States with funding from the U.S. Department of Education, Office of Special Education Programs (OSEP), under Cooperative Agreement #H023J20012. Questions used in **Section One** (Autonomy) were adapted, with permission from the authors, from the **Autonomous Functioning Checklist**. Questions used in **Section Four** (Self-Realization) were adapted, with permission from the author, from the short form of the **Personal Orientation Inventory**. Appropriate citations for both instruments are available in **The Arc's Self-Determination Scale Procedural Guidelines**. The Arc gratefully acknowledges the generosity of these researchers.

By Michael Wehmeyer, Ph.D., Principal Investigator  
Kathy Kelchner, M.Ed., Project Director  
Self-Determination Assessment Project

Student's Name \_\_\_\_\_

Date \_\_\_\_\_

School \_\_\_\_\_

Teacher's name \_\_\_\_\_



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<http://www.thearc.org/document.doc?id=3670>

## What is self advocacy?

I am IMPORTANT

I KNOW what I want

I will WORK HARD to get what I want

I am RESPONSIBLE for the choices I make\*

This is part of a pledge from a self-advocacy group. A self advocacy group is a group of people with disabilities who get together to help each other figure out ways to live the lives they want. This pledge helps people speak up and do the things that are important in their lives.

\*Adapted from a pledge of the Santa Barbara Council  
for Self Advocacy

## Supporting self advocacy through daily activities

We can support people to advocate for themselves through daily lifestyle activities. Training and experience in making choices and decision making can be supported in many ways, depending on the needs and skills of individuals. The desired outcome of all of these activities is to honor individual lifestyle preferences and to support more independence.

### Here are some examples:

- **Timing of events** Choosing when to get up or when to go to bed at night or when to get a haircut or when to eat dinner.
- **Personal choices** What clothes to wear, what shampoo to buy, which cereal to eat.
- **Methods of training** Choosing between places where learning will occur or who will provide the support.
- **Staff evaluation** Through interviews with individuals who are supported by staff or through observations of staff relationships with individuals.
- **Hiring of staff** Asking individuals to serve on hiring committees.
- **Agency board of directors** Supporting an individual to serve on the board of an agency that provides services or advocacy to people with developmental disabilities.
- **Self advocacy training.** Joining a local People First chapter.
- **Annual planning meetings.** Making sure that individuals with developmental disabilities are present and allowing for time and support to make sure that people understand what is happening.

# QUESTIONS & COMMENTS?

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RESOURCE:IT'S MY CHOICE:

[HTTPS://AEA8TRANSITION.FILES.WORDPRESS.COM/2012/11/ITS\\_MY\\_CHOICE.PDF](https://AEA8TRANSITION.FILES.WORDPRESS.COM/2012/11/ITS_MY_CHOICE.PDF)