

# ADVOCACY, AUTONOMY AND INDEPENDENCE

## ■ *MY JOURNEY*



# ADVOCACY, AUTONOMY AND INDEPENDENCE

## WHAT IS ADVOCACY?

- *Advocacy means actively supporting a cause and trying to get others to support it as well*
- *Advocacy is taking action to help people say what they want*
- *Autonomy means freedom from control or influence = independence*
- *Self-advocacy is the action of representing oneself*

## ADVOCACY IS A PROCESS

# WHAT DOES ADVOCACY REQUIRE?



8 STEPS?

6  
STEPS?

5 STEPS?



## **HELP AND EMPOWER DECISION MAKING CHOICES COMPLAINTS**

- **PROBLEM SOLVING**
- **ACCESS TO SERVICES**
  - **HUMAN RIGHTS**





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