

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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