

# DISABILITY RIGHTS AND ADVOCACY SERVICES



**Self-Advocacy:** Taking control of our own lives. Making choices about how we live our lives, like choosing what we do at home, at school, at work, or in our relationships.

## About This Service

Our Disability Rights and Advocacy Specialist works one-on-one with our consumers who are facing advocacy issues or want to be prepared to self-advocate in the future. Group sessions are also available.

## THE PROCESS

01

Contact the Disability Rights and Advocacy Specialist and schedule an intake session.

02

Complete the intake process, including a goal-setting document called an Independent Living Plan. (ILP). The ILP will guide the services you receive.

03

Work with the Disability Rights and Advocacy Specialist, who is a resource to help you achieve your self-identified goals.

### SELF-ADVOCACY TRAINING

Develop your self-advocacy skills to use in your day-to-day life or for a specific circumstance.

### DISABILITY RIGHTS EDUCATION

Learn about your rights as a person with a disability, laws like the ADA, and the disability rights movement.

### INFORMATION ON ACCOMMODATIONS

Gain an understanding about how to request reasonable accommodations in different situations.

### ADVOCACY SUPPORT GROUPS

Join one of our peer and advocacy support groups to meet friends and build your advocacy support network.

### COMMUNITY TRAINING SESSIONS

Attend a community session on using self-advocacy in different social settings, such as at work, at the doctor, etc.

### REFERRAL FOR FURTHER SERVICES

Get contact information for services not provided directly by Independence Alliance.



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