



Standing up for yourself

For people with intellectual disability

Easy Read Guide



This guide has been made by

ACT Down Syndrome and Intellectual Disability



You can read this guide by yourself or you can
ask someone to help you.



This guide has been made with money from the
National Disability Insurance Agency.

We sometimes call them the **NDIA**.

Speaking Up for Yourself

Self-advocacy Means



Saying what you think and feel.



Asking for what you need.



Making choices about your life.



Standing up for your rights.

Why Speaking Up is Important



It helps you feel strong and in control.



You can make decisions about:

- where you live
- who supports you
- how you spend your money.



You have the right to be heard and respected.

Steps to Speaking Up



Know what you want.

- Think about what is bothering you.
- What do you want to change?
- What help do you need?



Make a Plan.

Decide how you want to speak up:

- talk
- email
- write a letter.



Ask someone you trust to help you plan.



Practice.

- Write down what you want to say.
- Practice with a friend or a support person.
- Be clear and say how you feel.



Speak Up.

- Talk to the person or organisation.
- Give feedback: say what you like or don't like.
- You can make a complaint if something is wrong.

Who Can Help You



Family and friends.



Support workers.



Teachers.



People you trust.



If you don't have someone to help, you can ask for an **Advocate**.

Advocates and Advocacy Organisations

help you speak up and understand your rights.

Tips for Meetings



Ask for a meeting your teacher or support person.



Make a list of things to talk about.



Take notes during the meeting
or have a trusted person do this for you.



Talk about what should happen next.

Organisations that can help you



Disability Gateway:

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Disability Advocacy Network Australia:

[What is Advocacy - Disability Advocacy Network Australia](#)



Australian Human Rights Commission:

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