

PEER SUPPORT AND EMPOWERMENT

Booklet Four



ABLE MINDS

• UNLOCKING MINDS. •
CULTIVATING COMMUNITIES.



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in our first few books on Self-advocacy, we've delved into what self-advocacy is, why it's essential at times, and the skills that we can empower us to advocate for ourselves. We can hope the insights and practical advice from the first three books have been valuable to you.

Now, we present the final installment, which is a hands-on guide tailored to assist those facing specific problems. This book will walk you through the self-advocacy process step-by-step, with the goal of finding effective solutions.

The last chapter includes links to other organizations and resources that can support your self-advocacy journey.

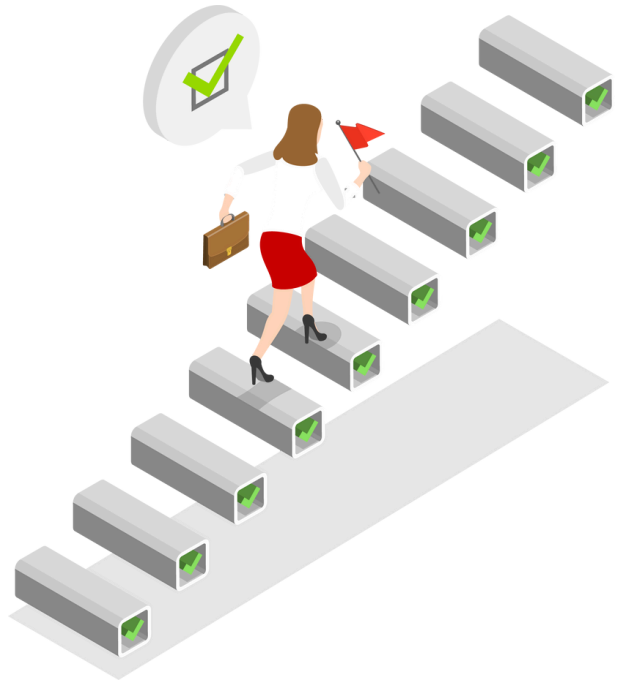




Step-by Step Plan

First, Identify the problem:

- What is the problem?
- Why is it a problem for me? Why it is a concern?
- Have any of my human rights been affected? Which rights?

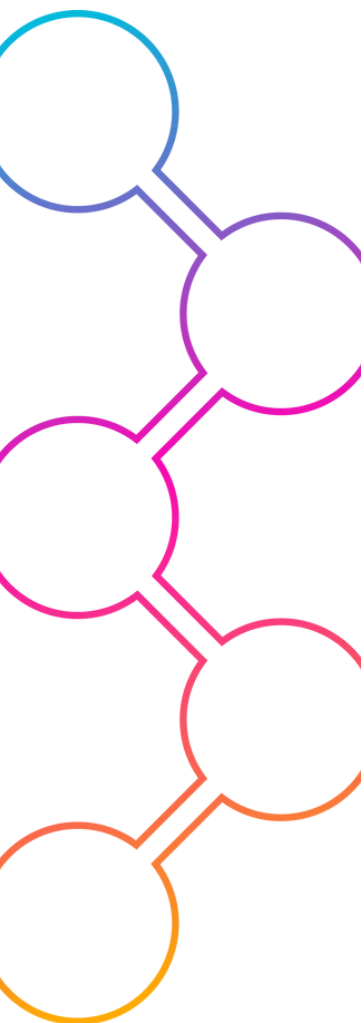


Second, Identify the Solution:

- What result do you want?
- How will you know when the problem is solved?

Third, What do you know:

- What happened?
- What did you see/hear?
- What do you know for sure?



Fourth, Who are the People:



- Who is causing the problem?
- Who are the people you can ask for support?
- Who might have advice or information?



Fifth, How are you feeling:

- How does it make you feel, think about or talk about this problem?
-
- Has it affected your health at all?

Sixth, Steps you can take to solve the problem:

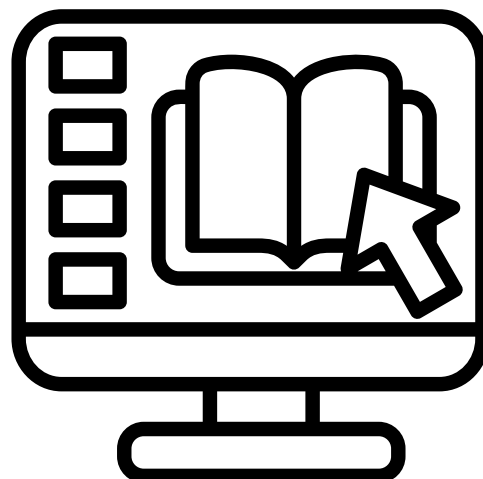
- What are some possible actions you can take?
- Who can you talk to?
- What is the best way to create change?
- What Skills do you have and what will you need?



A few resources you can access

The internet can be a fantastic resource for finding information. However, be cautious, as anyone can create a website, and not all information found online is accurate or trustworthy.

You don't need your own computer or internet access to visit these sites. Every public library in the ACT offers computers for public use at no cost. Simply ask at the service desk to book a time. You can also print documents for a small fee.



Disability Advocacy
<https://www.da.org.au>
Email: da@da.org.au
phone: 1300 365 085

Side by side advocacy
<https://www.idrs.org.au>
Email: info@sidebysideadvocacy.org.au

Justice advocacy service
<https://www.dcj.nsw.gov.au>
Phone 1300 665 908

Disability advocacy network Australia
<https://dana.org.au>