

## Self-advocacy



Self-advocacy is about being a person first!



Self-advocacy is about YOU learning to say “I”. Self-advocacy is speaking up for yourself and for others. It is about having your own identity.



Self-advocacy is about listening and about being heard.



Self-advocacy is about making your own decisions.

*“I choose my clothes. I choose what I want to eat. I choose the people that will represent me.”*

It is about getting on the way to independence.



Self-advocacy is power and empowerment.

It is about confidence in yourself.

It is about having other people believing in you as a person.



Self-advocacy is about participation.

In family, in society, in policy. It is about getting involved.



Self-advocacy is about taking risks and giving chances.

## The European Platform of Self-Advocates

▪ The European Platform of Self-Advocates consists of organisations of self-advocates.



▪ The European Platform of Self-Advocates is run by a Steering Group of 4 self-advocates.

▪ The European Platform of Self-Advocates is part of Inclusion Europe.



▪ Self-advocates organisations can become member of Inclusion Europe to join the European Platform of Self-Advocates.

▪ These groups can work in a city, region or a country.

▪ The European Platform of Self-Advocates meets at least once a year.



## The work plan

▪ Help people to decide more by themselves.

▪ Tell people about the abilities of people with intellectual disability.

“We want to organise campaigns to tell that everybody can take some decisions and that everybody has abilities!”

▪ Help groups of self-advocates at local level.

“It brings us together so we can share ideas and gain strength from each other.”



▪ Get more accessible information and websites.



“We translate important information into easy-to-read and make more websites accessible.”



## Activities

- Organising conferences to exchange experiences.

- Publishing a newsletter "Europe for us!"



- Publishing information to increase people awareness of self-advocacy.



- Publishing information about important issues at European level

- Maintaining a list of self-advocacy organisations.



- Publishing guidelines on topics that concern self-advocacy (rules for meetings, rules for good support, ...)

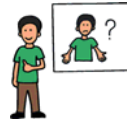


Do you want more information about The European Platform of Self- Advocates?

Do you want to become member of The European Platform of Self-Advocates?



Please contact the office of Inclusion Europe:



Self-advocacy Unit



Inclusion Europe



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The European  
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