



Ashtavakra Institute of Rehabilitation Sciences & Research Formerly Special Art School

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ASHTAVAKRA JOURNAL CLUB

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Topic- Self Advocacy for Adults with Disabilities

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ABSTRACT

Objective: The goal of self-advocacy is to equip people with knowledge to make informed, authentic decisions, and to empower them to make those decisions.

Methods: Be Self-Aware. In order to advocate for yourself, you need to know yourself, including your disability.

- Know Your Needs. ...
- Practice Assertiveness. ...
- Develop Self-Confidence. ...
- Utilize Support.

Results: Equipped with a deeper understanding of the aspects of self-advocacy for adults with developmental disabilities, DSPs may more clearly identify the impacts of self-advocacy on adults with DD, their supports, and communities. Examples of such impacts include enhanced leadership skills and self-transformation (self-perspective) for adults with DD (Caldwell, 2010). It is “a structural change in the way we see ourselves and our relationships” (Mezirow, 1978: 100). Perspective, perception and self-perspective are entwined and malleable. As well, research suggests that self-

advocacy for adults with developmental disabilities impacts, not only adults with developmental disabilities, but their families and support staff (Caldwell, 2010). Ultimately, self-advocacy for adults with developmental disabilities impacts communities, including the academic community, boards or advisory bodies and the communities they represent, and local communities through projects and initiatives .

Conclusion: Identity development, self-advocacy, and community connection are fundamental to the experience of having a disability. The process of disability identity development is strengthened and enriched through connection with others who have shared experiences, goals, and histories. This sense of disability as a political community can provide an important way to navigate ableism, stigma, and discrimination that youth with disabilities face daily. Understanding ourselves as connected to one another in this way strengthens the broader disability community and its goals as a whole.

Keywords: intellectual disability; self advocacy; toolkit

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