



Ashtavakra Institute of Rehabilitation Sciences & Research

Formerly Special Art School

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Ashtavakra Journal Club

Session 2022-2023

B.Ed Spl. Edu. LD

Date: 31/03/2023

Time: 11:30 AM

Topic- Self-advocacy for adults with Disabilities

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Name of the Journal (APA)- Self-advocacy and its impacts for adults with developmental disabilities

ABSTRACT

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

Methods: A systematic review on what research has been conducted and what is required to be conducted in future.

Results: Self-advocacy is the ability to speak up for yourself. As an advocate for yourself, you are able to ask for what you need and want, and develop a plan to achieve your goals. For thousands of people with disabilities around the world, self-advocacy is a term of personal identity that comes with a multitude of benefits. It focuses on their political power and right to self-determination. Further, people who self-advocate ultimately enjoy a higher quality of life, as they have confidence in themselves, know how to properly express their feelings, and are empowered to make their own decisions.

Be Self-Aware:

In order to advocate for yourself, you need to know yourself, including your disability. Be prepared to clearly describe your disability. This involves knowing your strengths and your weaknesses.

Know Your Needs:

With a clear understanding of your disability, you can assess types of accommodations you may need in order to obtain equal access to your education. The better you know how your disability affects you, the more effective you can be in determining what assistance you need. Evaluate accommodations that you have received in the past, learn about different types of accommodations for your disability category, and assess areas in which you are having difficulty academically or otherwise accessing the campus. Don't be afraid to brainstorm ideas with your Disability Service Coordinator.

Practice Assertiveness:

Being assertive does not mean aggressively making demands. It does mean knowing your rights and vocalizing your needs. It involves taking responsibility for your disability and not expecting others to problem solve or make decisions for you.

Develop Self-Confidence:

One of the things that can prevent a student from being a strong self-advocate is shame regarding a disability diagnosis. This causes a person to hide their disability and avoid asking for assistance that is needed. Studying about the disability civil rights movement, learning about disability from a diversity or cultural perspective, finding peer support among other students with disabilities and learning to value the strengths you have developed as a result of having a disability can all assist you in gaining self-confidence. Having a disability is nothing to be ashamed of, neither is requesting accommodations that allow you to have equal access to your education.

Utilize Support:

A person who self-advocates should not feel alone. Good self-advocates know how to ask questions and get help from other people.

As a result, equipped with a deeper understanding of the aspects of self advocacy for adults with Disabilities have such impacts include enhanced leadership skills and self transformation (self perspective).

Conclusion: We concluded that Self-advocacy, while important for everyone, is especially important for people with disabilities. When people do not advocate for themselves, they may be pushed to do things that don't feel right to them or become depressed. They may also lack self-confidence and feel as though their life is out of their control. Learning to advocate for yourself may seem daunting, but you don't have to do it alone. There are many resources available to help people become confident in their self-advocacy skills and express themselves authentically. The fundamental key to self-advocacy is that word right at the beginning: self. In order to be a successful self-advocate, you must understand your rights and responsibilities, and develop a plan to achieve the life you want. Of course, this doesn't mean you can't ask for help along the way.

Keywords: Self advocacy

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