

Tips for Being a Successful Self-advocate

Be respectful

Being polite and respectful can go a long ways when you are asking for help.

Be flexible and willing to compromise

The things you ask for may not always be possible. You should have an open mind and take time to consider options that are presented to you.

Do your research

Before asking for something, make sure you know what is possible. You may talk to others around you or search the internet.

Use active listening

Take the time to listen and understand what others are saying. Ask questions if something is unclear or confusing.