



Self Advocacy

By Cody and Kayleigh

INCLUSION

GLOUCESTERSHIRE

bigger dreams • better lives • brighter futures

“

YOUR VOICE

”

What does self advocacy mean?

- **Everybody should have a chance to be listened to. Your voice is important.**
- **It is good to stand up for yourself and have self confidence.**
- **You can help others when they don't get the support they need.**



Why self advocacy is important

- **Helps quality of life**
- **Self advocacy is important because it can empower**
- **It helps us make our own decisions with the right support.**



Why is it important?

- **Self Advocacy can help you to get your needs met and your voice heard.**
- **if you feel something is wrong it is important to speak up because your voice matters and adjustments can't be made if no one is aware of an issue.**
- **You can ask for reasonable adjustments like easy read letters, extra time or longer appointments.**



- **Speaking up is a brave thing to do, remember to be true to yourself. You might be challenged on what you think and feel. If you feel it is very important keep speaking up.**
- **Try and be mindful of how you say things, it might upset someone else sometimes this can be hard when challenging someone.**
- **Self Advocacy can change your life for the better**



Listening to disabled voices

- Disabled people matter and have the same rights as everyone else.
- The impact of not being listened to is greater for people with learning disabilities.
- Self advocacy challenges what other people think about people with learning disabilities.
- People with learning disabilities are more prone to mental health issues from not being listened to.
- Barriers in society make it harder for disabled people to be self advocates and to feel listened to.



Self advocacy and healthcare.

Learning disability nurses can help with your hospital care and needs.

You might need to speak up to see a specialist doctor to get the help you need.

A second view in hospital can be important. It is your right to have this.

It can be hard to get healthcare workers to understand your needs and make reasonable adjustments.

They might not understand the impact of what happens when you don't get reasonable adjustments.

You might not understand why people are not listening to you. This can make you upset.

In partnership with James Mallet Foundation Trust and Gloucestershire Hospitals NHS Foundation Trust

Gloucestershire NHS Health Community

RED

AMBER

GREEN

Photo

Hospital Passport

Make sure that all the staff who look after you read this document

This passport gives hospital staff important information about you.

Take it with you if you have to go into hospital.

Ask the hospital staff to hang it on the end of your bed.

Information for hospital staff

Please inform hospital liaison nurses and record date in notes.

Please note: 'value judgements about quality of life including decisions on resuscitation must be made in consultation with you, your family, carers and other professionals. This is necessary to comply with the Mental Capacity Act 2005.

The document can also be completed online at: www.2getit.nhs.uk/about-us/key-documents-issuance/



How to speak up for yourself

Get involved with a self advocacy group.

Write things down.

Ask for reasonable adjustments

Have a support or carer speak up with you.

Find someone to listen to your needs.

An independent advocate could help.



Don't forget about our
podcast!

Why not have a listen to our previous
episodes!

#SelfAdvocacyWorks

What do not what do?

Swear or be mean.
This makes your
voice less powerful.

Make sure to talk to
people with respect .

Don't lose your
temper

Remember to be kind
with those trying to
help.

Remembering not
everyone is aware of
your needs or how to
talk to you the best.

It is important to
choose the right time
to speak up.



DO'S



DONT'S

Does self advocacy work?



The more people speak up the better.



It is an ongoing fight to get understood.



The NHS listens to Your Voice feedback and makes changes based on our recommendations.

Discussion



What do you find difficult about speaking up?



Is it easier to speak up for yourself or is it easier to speak up for other people?



What have you learnt to make it easier to speak up for yourself?



Do you do anything in your groups to support each other if speaking up has been difficult for you?



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Any Questions?