

BARRIERS TO SELF-ADVOCACY

A “barrier” is anything that can't be easily changed, and that keeps you from being as independent as you want to be.



A barrier can be anything that prevents you from reaching your dreams.

Here are some examples of barriers that keep people with disabilities from being good self-advocates:

- Low self-esteem (low self-confidence)
- Difficult situations (like being very sick in the hospital)
- Lack of training (when you don't know how to do something)
- Lack of opportunity
- Lack of money - \$\$\$
- Our own fears (being afraid to try something new)
- Program barriers (rules and regulations)
- The attitudes of people without disabilities towards people with disabilities (stereotypes)
- Lack of services and supports
- Physical barriers (like steps, narrow doorways, etc.)

Despite all of the barriers, you can feel EMPOWERED to deal with any situation.

(Graphic of a brick wall with the word “BARRIERS” not available in Braille.)