

WHY IS ADVOCACY – OF ALL KINDS – IMPORTANT?

GOOD SELF-ADVOCACY IS IMPORTANT BECAUSE:

- YOU speak your mind without being aggressive
- YOU ask questions when you don't understand something
- YOU try new things
- YOU make your needs and wants known to the right people
- YOU talk calmly even when you are upset
- YOU make good decisions – YOU ask for help from a trusted friend or family member when you need it (especially if making a major life decision)
- YOU think before acting
- YOU accept the consequences of decisions
- YOU are willing to listen to other people
- YOUR self-confidence and self-esteem are improving with every day

GOOD COMMUNITY ADVOCACY IS IMPORTANT BECAUSE

(by working with others in the Disability Community at the local, state, and national level):

- YOU CAN IMPROVE disability-related services at the LOCAL LEVEL by influencing city and county government, businesses, and community leaders
- YOU CAN INFLUENCE the amount of money that is given to LOCAL disability programs by impacting the mayor (and the staff), or the county board of supervisors (and their staff) and city/county department heads
- YOU CAN IMPROVE disability-related services at the state government by contacting your STATE legislators and advocating on issues that are important to you – it is also important that you respond to ACTION ALERTS put out by leaders in Iowa's Disability Rights Movement
- YOU CAN INFLUENCE the amount of money that the STATE gives to disability programs (by impacting legislators and state department heads)
- YOU CAN IMPROVE disability-related services at the national level by contacting your Congressional Delegation in Washington DC, and advocating on issues that are important to you – it is also important that you respond to ACTION ALERTS put out by leaders at the national Disability Rights Movement
- YOU CAN INFLUENCE the amount of money that is given to FEDERAL disability programs (by contacting your U.S. Representative and two Senators – and their local & DC staff)