

MDS Region 5 – Self-Advocacy Connections

The term self-advocacy, means speaking up for yourself and your interests, letting others know what your future hopes and dreams are and setting goals to reach your best life.

Self-advocacy also means having fun, learning about ourselves, learning new things and meeting new people. In 2019 we began doing just that.

As a group we have learned about advocacy, Charting the Life Course tools, voting rights, supported decision making, and have researched different types of disabilities. In 2023 we printed the first edition of the Rights & Responsibilities guidebook that we developed. It is now available for all.

We enjoy trying new things, coming together to explore our community and getting to know each another. We hope to continue to grow our group, meet new people, share ideas and information and mostly, we hope to have fun together as we find ways to speak up for ourselves, and become involved in planning for our best lives.

Please come join us.

S Speaking up for ourselves
E Embracing strengths
L Living our best life
F Finding yourself

A Advocating for others, ourselves
D Doing group projects, activities
V Voicing our thoughts and ideas
O Opening up to share our stories
C Coming together to work as a team
A Acting out different social situations
C Count on yourself
Y Your voice matters

By Brianna