



# **I Get What I Want**

## **A Handbook on Self-Advocacy**

**Protection and Advocacy  
Third Floor  
100 Fair Oaks Lane  
Frankfort, KY 40601  
(502) 564-2967  
1-800-372-2988  
(TTY and toll free)**

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# What Is Self-Advocacy?

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When I stick up for myself.

When I let people know  
what I need.

When I get my voice  
heard.



# Why Should I Do It?

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It will help me take charge  
of my own life.

It can help me

- Get what I need
- Get what I want
- Solve problems
- Get what the law allows



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## How Do I Do It?

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Find out what you want.

- What is important to me?
- What do I want to happen?

Think about what you need to make it happen.

- Do I need to make a plan?
- Do I need more information?
- Do I need help?



# What Do I Need To Know?

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I need to know that

- I am important
- What I have to say is important
- All people have the right to be treated the same.
- There are people and groups that will answer my questions and help me.



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# Self-Advocacy Do's

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Learn what your rights are

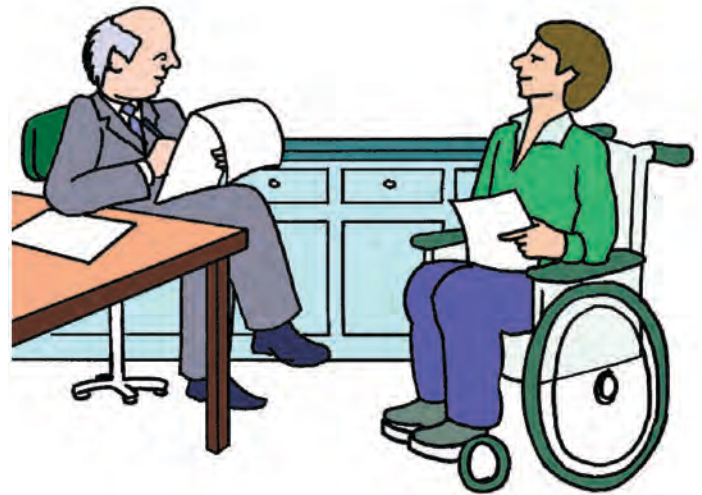
Learn how to talk with others

Learn how to listen to others

Learn how to keep a calm voice when you are upset

Learn how to share how you feel

Learn how to ask questions





# Self-Advocacy Don'ts

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Don't worry about being a burden by asking for help.

Don't stop self-advocating when

- Someone is mean
- Someone won't give you help

Don't cuss when trying to make a point or asking for help.



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# Help With Self-Advocacy

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Kentucky Consumer  
Advocate Network  
(502) 245-5281  
(800) 564-8034

Kentucky Protection and  
Advocacy  
(502) 564-2967  
(800) 372-2967

Kentucky Self-Advocates  
for Freedom  
(502) 937-6894  
(800) 525-7746

Recovery Network of  
Northern Kentucky  
(859) 431-2134



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# Notes

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**Self-advocacy  
is work and  
takes practice!**

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