Booklet 4

PEER SUPPORT & EMPOWERMENT

ABLEMINDS

UNLOCKING MINDS. CULTIVATING COMMUNITIES.

TABLE OF CONTENT

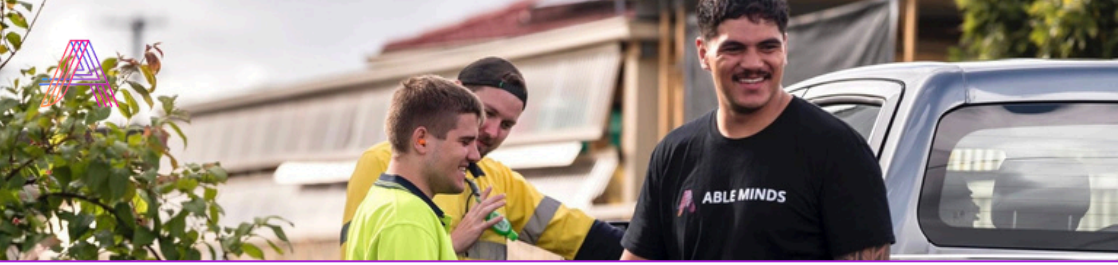
02 INTRODUCTION

05 STEP-BY-STEP PLAN

11 RESOURCES

18 ACTION PLAN

18 PROBLEM SOLVING FLOW CHART



INTRODUCTION

In our first few books on Self-advocacy, we've delved into what self-advocacy is, why it's essential at times, and the skills that we can empower us to advocate for ourselves. We can hope the insights and practical advice from the first three books have been valuable to you.

Now, we present the final installment, which is a hands-on guide tailored to assist those facing specific problems. This book will walk you through the self-advocacy process step-by-step, with the goal of finding effective solutions.

The last chapter includes links to other organizations and resources that can support your self-advocacy journey.

STEP-BY-STEP PLAN

1 FIRST, IDENTIFY THE PROBLEM:

1. What is the problem?
2. Why is it a problem for me? Why it is a concern?
3. Have any of my human rights been affected? Which rights?

Be Proud of Yourself

2 SECOND, IDENTIFY THE SOLUTION:

1. What result do you want?
2. How will you know when the problem is solved?

everything WILL BE OK

3 THIRD, WHAT DO YOU KNOW?

1. What happened?
2. What did you see/hear?
3. What do you know for sure?

You Can Do THIS

4 FOURTH, WHO ARE THE PEOPLE:

1. Who is causing the problem?
2. Who are the people you can ask for support?
3. Who might have advice or information?

POSITIVE ENERGY

5 FIFTH, IDENTIFY THE SOLUTION:

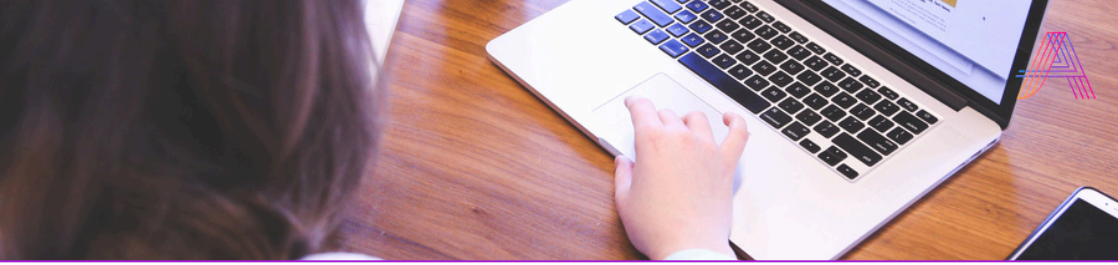
1. How does it make you feel, think about or talk about this problem?
2. Has it affected your health at all?

RISE ABOVE!

6 SIXTH, STEPS YOU CAN TAKE TO SOLVE THE PROBLEM:

1. What happened?
2. What did you see/hear?
3. What do you know for sure?

you are CAPABLE



FEW RESOURCES YOU CAN ACCESS:

The internet can be a **fantastic resource** for finding information. However, **be cautious**, as anyone can create a website, and not all information found online is accurate or trustworthy.

You don't need your own computer or internet access to visit these sites. Every public library in the ACT offers computers for public use at no cost. Simply ask at the service desk to book a time. You can also print documents for a small fee.

Disability Advocacy
https://www.da.org.au
Email: da@da.org.au
phone: 1300 365 085

Disability advocacy network Australia
https://dana.org.au

Side by side advocacy
https://www.idrs.org.au
info@sidebysideadvocacy.org.au

Justice advocacy service
https://www.dcj.nsw.gov.au
Phone 1300 665 908