**Types of Self-Advocacy**

Often, when we hear the phrase “self-advocacy,” we think of political or legal advocacy. But self-advocacy encompasses many more areas and skills. This wheel presents many kinds of

self-advocacy, with a description and examples of each.

**Accessibility**

Advocating for businesses, organizations, and spaces to be accessible.

* Contacting a business about inclusive options
* Writing a letter to the editor about accessible playgrounds
* Contacting customer service when there is a problem

**Leadership**

Taking on leadership roles in your community, whether that is the autism community or a different community.

* Joining a committee
* Publicly speaking about autism
* Being a mentor
* Organizing others

**Instructed Advocacy**

Stating your wishes to someone else who may represent or speak for you in difficult situations.

* Having an advocate call to set up a medical appointment
* Writing testimonial that someone else reads

**Services**

Interacting with counties and government offices to get disability services and ensure they are appropriate.

* Making an appointment with a case worker
* Applying for waiver funding
* Managing your PCA

**Teaching**

Educating others about autism, whether it is your own needs or general information about autism.

* Giving trainings or presentations
* Sending someone resources
* Sharing strategies with another autistic

**Housing**

Finding and acquiring housing that meets your needs.

* Interacting with a landlord or other professionals to ensure accommodations
* Finding a roommate
* Speaking with a landlord for permission to have a service or support animal

**Employment**

Activities that make your workplace safe and give you the ability to work.

* Asking HR for specific or formal accommodations
* Adjusting work hours to fit your times of productivity
* Requesting to wear headphones at work

**Personal**

Getting your needs/wants met and setting boundaries in relationships (romantic, friendships, family).

* Saying no
* Asking for a hug
* Asking someone to adjust plans to meet your sensory needs.

**Community**

Meeting others in your community, pursuing goals together, and mutually supporting each other.

* Mutual aid
* Forming a support or interest group
* Going to an event

**Medical**

Working with medical providers to ensure you are respected and your needs are met

* Researching to find an appropriate provider
* Asking not to be weighed at a medical visit
* Requesting an advocate during an appointment

**Educational**

Formal and informal work to make places of learning comfortable and accessible so that you can learn effectively.

* IEP or 504 plan
* Executive function supports
* Bringing fidgets to class

**Policy and Legal**

Interacting with elected officials and policymakers to change laws and government to improve

lives of those with disabilities.

* Signing a petition
* Testifying for a bill
* Meeting with a legislator