Self-Advocacy Flow Template

Use this template to plan and prepare to self-advocate.

Start at 'Identify' and work your way through to 'Express'.

Identify

Identify the problem you're having

What would you like to change or achieve?

Learn

Learn more about the situation

What are your rights?

Decide

Decide what the solution looks like for you

When will you self-advocate? Who to?

Plan

Plan what you will communicate

Assertive Strategy

1. Communicate how you feel

I feel…

2. Describe the issue/assert your rights

Because…

3. Explain your solution

I want…

Express

Express your rights – communicate to self-advocate

Next steps

If the issue is not resolved the first time you 'express your rights', you may need to go back to previous steps to reconsider what you want to achieve, learn more or decide who else you could self-advocate to. You may also like to get some help from someone you trust to support you whilst you go through the flow again.

If the issue is still not resolved, you may need to seek support from a third party, such as the Health and Disability Services Complaints Office (HaDSCO) who resolve complaints regarding health, disability and mental health services.