



Getting your voice heard

Being empowered to:

- Express yourself and speak up
- Make decisions about your life
- Discuss important issues with others

What did we find?

Wanting to make a difference to other people's lives

Raising awareness and campaigning for disability rights

Participating in local self-advocacy support groups to share experiences and knowledge with peers

Providing emotional and practical support to others

What learning is involved?

Learning to speak up, make decisions and raise awareness

Learning through mentoring others

What more can be done?

Funding and supporting groups and initiatives that facilitate advocacy work in local areas

Involving service users in the planning and co-producing of services

Enabling platforms for self-advocates to speak up e.g. Learning Disability Partnership Boards

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I used to be quiet, now people can't stop me from talking.

Self-advocate

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