

Carers
First



A guide to
self-advocacy

Self-advocacy is

- Being confident to speak to professionals.
- Getting access to the information you or the person you are supporting needs.
- Making decisions about your own life and taking control.
- Understanding and knowing your rights.

This guide will introduce you to self-advocacy, using templates to document and plan discussions.

Self-advocacy is about gaining knowledge, developing the right skills, and building up confidence to allow you to communicate and express what is important to you and the person you are supporting.

Three steps to develop your self-advocacy skills

- 1. Knowledge**
Getting as much information as possible about the situation, condition or options available
- 2. Gaining the right skills**
Listening, negotiation, assertiveness, being aware of emotions, avoiding conflict, and creating an action plan
- 3. Confidence building**
With knowledge and the right skills confidence will increase, being able to self-advocate will be easier.

Preparing for a conversation

A place to note down information ahead of the conversation or meeting, to support information gathering and conversation planning.

Meeting notes

Notes about the meeting, to support keeping the conversation on track and any actions agreed.

Important contacts

A who's who and when you need to contact or involve them.

Conversation diary

Keeping a note of conversations and meetings for your records and to recall any actions agreed, or key points.

To-do

What do you need to complete before, and following, the interaction.



Preparing myself for a meeting or conversation

Date

Time

Location

Who will be involved?

What is the reason for the contact?

What outcome would you like?

Questions I would like to ask

Notes

Important contacts

What is important to me?

What needs to be done?

Who by?

When?

What needs to be done?	Who by?	When?

Notes

Important contacts

Name

Organisation

Telephone number

Email

Name

Organisation

Telephone number

Email

Name

Organisation

Telephone number

Email

Name

Organisation

Telephone number

Email

Keeping you informed

Whether you prefer to receive information by email, online or by post, we provide regular updates, so you are up-to-date with the latest news and events happening in your area and nationally.

Getting online

We want you to be able to access the full range of information and support available, including our online groups and website. If you are not already online, someone in our team or an IT buddy can talk you through the process step-by-step.

Refer yourself or someone else

Call us on
[0300 303 1555](tel:03003031555)


Visit us at
carersfirst.org.uk/get-support/


Stay in touch


We want to hear from you and hear your stories.

Email us at:
hello@carersfirst.org.uk

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