

# Checklist for Strong Self-Advocacy Groups

## What does a successful self-advocacy group look like?

A group of people with intellectual disabilities want to share their experiences and stand up for their rights.

People with intellectual disabilities feel safe, welcomed, and like their stories and ideas are valued.

Self-advocates lead their own work - support people and organisations help, but do not control.

## How do you make that happen?

Try starting with a smaller group of motivated individuals and invite others gradually as confidence grows.

Try creating clear group rules, using icebreakers, and having trusted supporters present to make everyone feel comfortable.

Set clear roles and boundaries for supporters, communicated by the self-advocate leaders themselves.

Train supporters in what good support looks like. This training should be led by experienced self-advocates if possible.

## What does a successful self-advocacy group look like?

Meetings, materials and activities are easy-to-understand and accessible for everyone.

There should be some support from families, peers, and community partners for the group's work.

Members need chances to learn about their rights and build skills in communication, leadership, and advocacy.

## How do you make that happen?

Make sure materials like meeting agendas, notes, and advocacy resources are in easy-to-understand language.

If materials are made by supporters or by the organisation, always check them with self-advocates to make sure they are accessible.

Think about other forms of accessibility that members of the group might need.

Engage with families in the process. Help families understand why self-advocacy matters and how they can support.

Encourage the self-advocacy group to connect with other groups in the community.

Make sure self-advocates get access to accessible training.

Make sure that there are roles available within the group for self-advocates to build their leadership skills.