

Support Person Guide

What is a support person?

A support person is someone who helps self-advocates do their work and reach their goals.

They do not speak for self-advocates. Instead, they make sure self-advocates have what they need to speak for themselves.

Support people might:

- help prepare easy-to-understand materials,
- assist with communication or technology,
- make sure meetings are accessible, and
- provide encouragement and guidance.

Support people can be staff members, family members, or volunteers from partner organisations. Their job is to make leadership possible, not to take over.

Support for Support Persons

Support people help self-advocates lead, speak up, and make decisions.

They also need support to do this well.

Support people need support like...

- Training to understand what self-advocacy is and how to support without taking over.
- Time to prepare materials and make meetings accessible.
- Clear roles so everyone knows that self-advocates make the decisions.
- Connection with other support people to share what works and learn from each other.

It would help support people if...