

Advocacy is all about:

- Working towards change to achieve equity
- Overcoming barriers
- Obtaining rights
- Accessing services mandated to erase disadvantages
- Receiving needed accommodations
- Helping to locate/access appropriate services/accommodations
- Speaking up on behalf of people if they cannot help themselves
- Helping people to become self advocates through sharing of information and building self confidence
- Helping to achieve empowerment and independence
- Finding and providing necessary tools to make informed decisions which in turn will lead to action
- Researching & analyzing key issues in order to present options at the problem solving stage
- Persisting until the problem is solved and services needed are provided
- Communicating effectively
- Working as part of a team, mutually sharing information, tasks and action plan

Advocacy is not about:

- Accepting the status quo in all its inadequacy
- Denying the existence of problems
- Giving up because you feel helpless
- Squelching efforts of self advocacy in others by reinforcing feelings of helplessness and dependence
- Making decisions for people (if you advocate on behalf of others, not your young children)
- Failing to share your knowledge and thus exerting control over people you advocate for
- confrontation