

I am a Self-Advocate

Learn your own Elevator Speech. This is a few sentences that you use to tell someone about yourself. It should be short enough to tell someone on an elevator ride.

- If you receive disability services like SSI or a school IEP, it is a good idea to be able to describe your disability.
- You should be able to describe your strengths and needs. This helps others understand what you.
- If you learn to say your elevator speech, it will help you be confident when you talk to teachers, bosses, co-workers, counselors, or even friends.

Here is one way to explain about who you are:

I am a self-advocate, I like to speak for myself.

I know what I am good at doing and what I am not as good at doing.

I know who helps me get what I want and need to be happy and safe.

I have _____ (a learning disability or LD. This means that my brain is wired differently than people who don't have LD. Every person with LD has different skills.)

Try to fill in a few things on these lines. Pick from the list below or make up your own answers:

I am good at:

1. _____
2. _____
3. _____

I usually need help with:

1. _____
2. _____
3. _____

When I need help, this is who I ask to help:

1. _____
2. _____
3. _____

- Working with others – younger, same age or older people
- Working by myself
- Making decisions
- Following instructions
- Talking to others
- Figuring out the answer to a problem
- Using math and numbers
- Remembering
- Reading
- Keeping quiet when asked
- Traveling from place to place
- Standing and walking
- Using tools
- Keeping myself clean and neat
- Organizing things
- Helping others
- Caring for animals
- Working with a computer or a phone
- Paying attention
- Learning new skills
- Being alone at home
- Telling time
- Carrying things
- Bending and stretching
- Other ideas _____

