



Why Self-advocacy matters and how it has made a difference to people

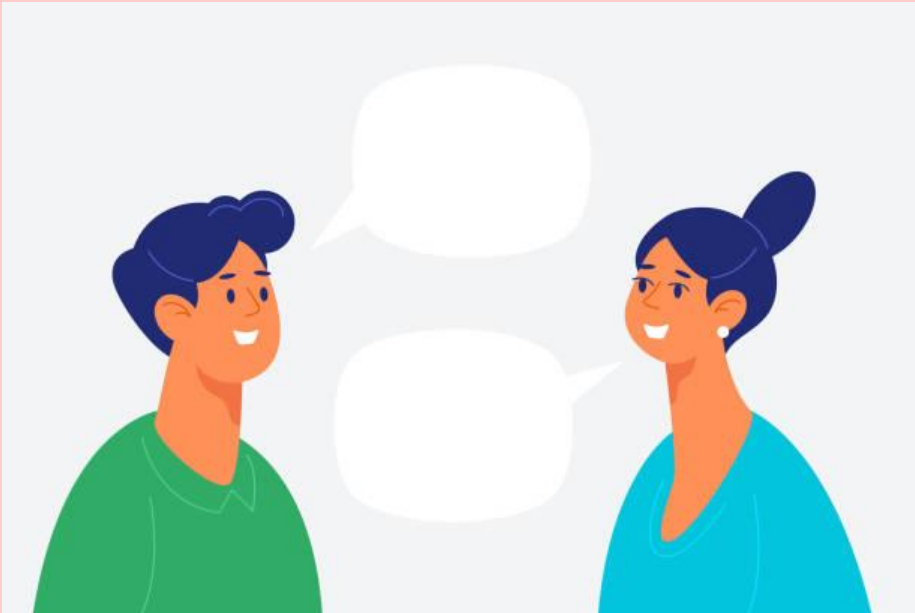
By Danielle Garratt

Why self advocacy matters



- If Self advocacy was not around then some people wouldn't be able to speak up for themselves.
- Tell there story about how they grew up.
- Making there own choices
- Knowing what rights you have.
- Campaign together to make things better

How Self advocacy has made a difference to people



- Being able to advocate for yourself it is a great way to be able to tell people about
- Making your own choices and saying what's right and what's wrong
- Speaking up for yourself
- Getting more confident and learning new skills

How self advocacy has made a difference to me



- Speaking up for myself
- Doing research and getting published
- Training and film making
- Learning disability leaders award

Doing things changed during COVID times and how it affected us all



- Covid was a struggle for us all
- We have lived through it and we can tell the story of how it was for us.
- Some people took zoom in their hands and met other people
- Self advocacy groups helped in lots of ways

How Covid changed how I worked and how it helped me be better at self advocacy



- Before covid I was doing outreach.
- Covid came and I was on the computer working at home.
- This is where I made a video series on YouTube called Speak with Danielle.

Why does self advocacy matter today



- Being able to speak up for yourselves about your rights and what matters to you the most
- Being able to talk at conferences like this to spread the word about how self-advocacy matters.
- There are still lots of things that need changing like...

50 years towards an important history



Round up

- If we didn't have self-advocacy we wouldn't have any conferences like this
- Speaking up for yourself wouldn't of happened.
- We have to work together to make self-advocacy stronger.

What's next after covid and how can we move forward

- Covid was tough for everyone
- Join together to become a team
- Don't do it alone we need to work together to make things happen.