



New Jersey Self-Advocacy Program

A program of The Arc of New Jersey since 1983

Promoting Advocacy and Independence for People with Intellectual and Developmental Disabilities

Introduction to Advocacy & Misconceptions

Self-advocacy was started in Sweden in the late 1960s. It came to the USA in the mid 1970s.



Advocacy is...

- ✓ speaking up for your wants, needs, desires, and rights.
- ✓ a part of daily life.
- ✓ on a local, state, & federal level
- ✓ enacted by individuals, groups, and organizations
- ✓ A skill you can build over your lifetime and at any age

Advocacy is for everyone!

Advocacy efforts led to The Americans With Disabilities Act (ADA) on July 26, 1990. Signed by George H.W. Bush



Advocacy isn't...

- * only about governmental affairs.
- * only for folks without guardians.
- * pointless or useless.
- * something you're born knowing.
- * always quick & easy
- * something you need to do alone

Advocacy isn't going away!

www.njselfadvocacyproject.org

Advocacy efforts continue to change medical terms, bills/laws, updates to the ADA, and so much more

NJSAP supports advocacy for legislative decisions in local towns and on the State & Federal level!



Advocacy Stigma

- ⊙ Stigma refers to disapproval or shame attached to a person, group, or behavior. It causes social exclusion & discrimination.
- ⊙ Advocates can be seen as "difficult", "rude", or "problematic" when they advocate or as "inferior", "broken," or "helpless" if they don't.
- ⊙ People with disabilities may be denied jobs, housing, or other opportunities due to false assumptions or stereotypes.

Don't let stigma stop you speaking up!