


Self-Advocacy & Disclosure

Preparing Transition Age Youth with Autism for Employment



The Arc
of Pennsylvania

Self-Disclosure: As an individual

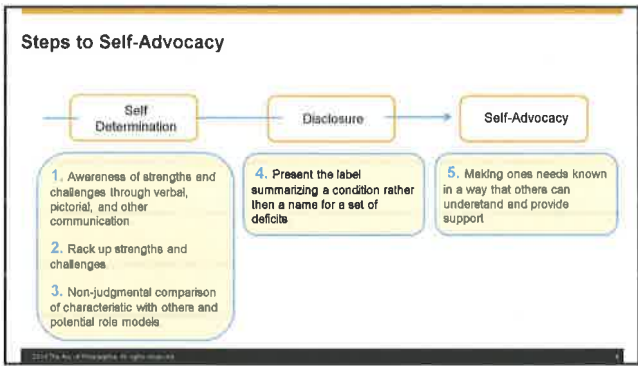


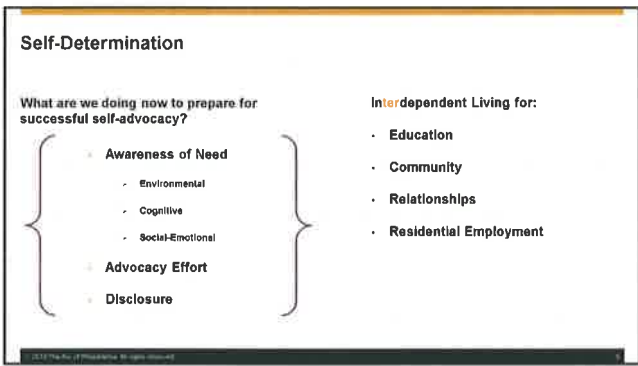
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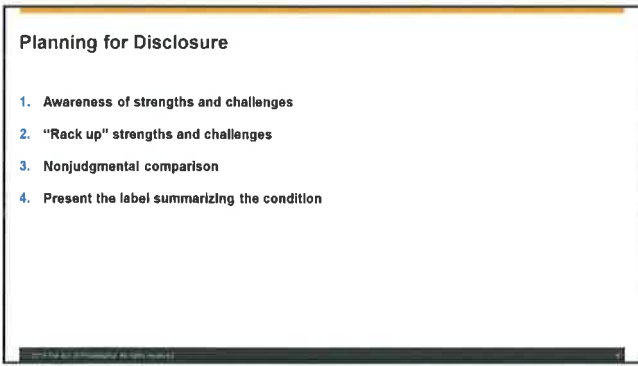
Self-Advocacy: Defined

Self-advocacy involves knowing when and how to approach others in order to negotiate desired goals, and in order to build better mutual understanding, fulfillment, and productivity.

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Self-Advocacy: Defined

Self-advocacy involves knowing when and how to approach others in order to negotiate desired goals, and in order to build better mutual understanding, fulfillment, and productivity.

Successful self-advocacy often involves an amount of disclosure about oneself that carries some degree of risk, in order to reach a subsequent goal of better mutual understanding

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Developing a Self-Advocacy Plan



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Parts of a Self-Advocacy Plan

1. Scan

Challenge: What is causing the difficulty?

- Sensory:** Perception of the environment
- Cognitive:** How we think
- Socio-emotional:** Social cues and how we feel

Advocacy: Explaining your needs

Disclosure: Giving the reason why

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Parts of a Self-Advocacy Plan

2. Advocate

Explaining your needs: Promoting greater understanding and in a way the other can provide assistance

3. Disclose

The Reason

1. **Partial:** Note specific characteristic affecting a situation only
2. **Full:** Diagnosis

Self-Advocacy Plan: Examples

Sensory

<h3 style="margin: 0;">1. Scan</h3>	<h3 style="margin: 0;">2. Advocate</h3>	<h3 style="margin: 0;">3. Disclose</h3>
Flourescent lights	Ask instructor to change lighting	I have sensitive eyes (partial)

Self-Advocacy Plan: Examples

Cognitive

<h3 style="margin: 0;">1. Scan</h3>	<h3 style="margin: 0;">2. Advocate</h3>	<h3 style="margin: 0;">3. Disclose</h3>
Remembering verbal instruction	Request written instructions from instructor	I remember things better when I write them down (partial)

Self-Advocacy Plan: Examples

Socio-Emotional

1. Scan	2. Advocate	3. Disclose
Decoding Jokes	Ask peers to tell you when they make a joke	I take things very literally (partial)

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Self-Advocacy: 3 Steps

- 1. SCAN**
- 2. Advocate**
- 3. Disclose**

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Scenario

You're lost and you ask someone for directions

After the 6th light you look for the big tree on the left and take the third right. Then after the second church you see a fire station and go left. After going left you take a right at Tom Street. Drive for 4 blocks and keep bearing right until you see a stream on left which tells you to take a bridge on the right headed towards the water tower. When you pass the water tower take the second left and pull into a parking space in front of International Bicycle Shop and you are there!

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1. Scan

You're lost and you ask someone for directions

After the 6th light you look for the big tree on the left and take the third right. Then after the second church you see a fire station and go left. After going left you take a right at Tom Street. Drive for 4 blocks and keep bearing right until you see a stream on left which tells you to take a bridge on the right headed towards the water tower. When you pass the water tower take the second left and pull into a parking space in front of International Bicycle Shop and you are there!

2. Advocate

You're lost and you ask someone for directions

After the 6th light you look for the big tree on the left and take the third right. Then after the second church you see a fire station and go left. After going left you take a right at Tom Street. Drive for 4 blocks and keep bearing right until you see a stream on left which tells you to take a bridge on the right headed towards the water tower. When you pass the water tower take the second left and pull into a parking space in front of International Bicycle Shop and you are there!


3. Disclose

You're lost and you ask someone for directions

After the 6th light you look for the big tree on the left and take the third right. Then after the second church you see a fire station and go left. After going left you take a right at Tom Street. Drive for 4 blocks and keep bearing right until you see a stream on left which tells you to take a bridge on the right headed towards the water tower. When you pass the water tower take the second left and pull into a parking space in front of International Bicycle Shop and you are there!

Promoting Life-Long Strategies for Success

Self-Advocacy as a Critical Key to Success in Employment





Sometimes and endeavor does not work out...

...and a change in plans is required