

INDEPENDENT LIVING SKILLS TRAINING

Self Advocacy

Advocacy - pleading or arguing for a cause or proposal

I. Advocacy through the System

- A. Department of Social Services
 - 1. Public Assistance
 - 2. Medical Assistance
 - 3. Community Services
 - a. Eligibility
 - b. Screening (Income Maintenance)
 - c. Services

- B. Social Security Administration
 - 1. Social Security Disability Insurance (II)
 - 2. Supplemental Security Income (XVI)
 - 3. Social Security Retirement

II. Identifying the Issue

- A. Locate and Organize Documents
- B. Know your Rights
- C. "Due Process" Time lines
- D. Document, Document, Document

III. Preparation for Advocacy

- A. Examine the Options
- B. Understand the Implications of Actions.
- C. Confirm all Actions in Writing (Document, Document, Document)
- D. Accept Responsibility for your Decisions and Actions

IV. Active Advocacy

- A. Chain of Command
- B. Assertiveness and Clarity
- C. Etiquette and Presentation

V. Bibliography