



How to Advocate



Special Olympics
Health

MADE
POSSIBLE BY **Golisano** FOUNDATION

What Is Self Advocacy?

1. Speaking up for your rights, and the rights of others.
2. Having your voice heard.
3. Making sure that your views and opinions are considered when decisions are being made that directly impact your life.

Why Is Self Advocacy Important?

People with intellectual disabilities are negatively impacted by lack of access to health care, policies and programs, so they are the best people to speak to policy makers.

Key Messages:

- People with Intellectual disabilities die 16 years earlier and have more chronic conditions than people without intellectual disabilities.
- Health care, services and education are not inclusive of people with intellectual disabilities.
- All people deserve to be in their best health.
- People with intellectual disabilities should have equal access to health care, services and education in their communities.
- Health systems need to take steps to be inclusive of all people and address the needs of people with intellectual disabilities.

Have Your Voice Heard:

The most effective way to influence policy makers is to put a “human face” on the issue of inclusion. This table helps you tell your story.

Who	<ul style="list-style-type: none"> • Say your name, where you live and how long you been an athlete.
What	<ul style="list-style-type: none"> • Share some of the challenges people with intellectual disabilities face to being healthy.
Why	<ul style="list-style-type: none"> • Explain why health policies and practices should be more inclusive of people with intellectual disabilities.
How	<ul style="list-style-type: none"> • Give ideas for changes policy makers can make so people with intellectual disabilities can live healthier, longer lives.