

Reflection Activity:

Self-Advocate Best-Practice	A lot	A little	Not at all
My service provider educates me on self-advocacy and how to use my self-advocacy.			
My service provider helps me be Self-Determined by helping me be more independent.			
My service provider helps me be Self-Determined by helping me make better decisions.			
My service provider helps me be Self-Determined by helping me set goals.			
My service provider helps me be Self-Determined by helping me speak up for myself.			
My service provider helps me be Self-Determined by helping me be part of my community.			
My service provider uses tools to assess my skills.			
My service provider uses tools to assess my quality of life.			
My service provider uses tools to assess overall life experiences.			
My service provider uses the assessment tools to build my person-centered plan.			

Self-advocate Blueprint for Improvement:

Priority Areas for Improvement	Action Step(s) What Tools Can I Use & Who Should We Involve

“The people I mentored were all able to see the possibilities in their lives.”