

# The Self-Advocacy Questionnaire

Name \_\_\_\_\_

Date \_\_\_\_\_

How easy is it for me to . . .	I'm OK with this.	I need to work on this.	I really need help with this
1. Know what skills I'm good at?			
2. Understand my disability?			
3. Feel comfortable talking about my disability?			
4. Learn NEW skills from others?			
5. Speak up to others about my needs?			
6. Share ideas with others?			
7. Accept my disability?			
8. Know my rights under the Individuals with Disabilities Education Act?			
9. Know my rights under the Americans with Disabilities Act?			
10. Plan for and participate in meetings to develop my IEP and transition plan?			
11. Attend workshops about college, jobs, services, advocacy rights, and options to participate in community activities?			
12. Explore support services available at colleges I am interested in?			
13. Communicate my medical needs? Do I know whom to ask when I have questions/concerns about my health?			
How easy is it for me to . . .	I'm OK	I need to	I really

	<b>with this.</b>	<b>work on this.</b>	<b>need help with this</b>
14. Explore my social security benefits and options – and other benefits?			
15. Develop and maintain a support network of my peers?			
16. Participate in presentations and panels on disability issues to school and community groups?			
17. Understand my strengths and weaknesses?			
18. Feel good about myself and my abilities?			
19. Tell others about my disability?			
20. Learn new things on my own?			
21. Ask my teacher or others for help?			
22. Ask questions in class?			
23. Do my own work?			
24. Listen to others and take their advice?			
25. Tell my friends what I think?			
26. Tell my friends how I feel?			
27. Tell my family what I think?			
Total:	/ 27	/ 27	/ 27
%			