

Principles of Disability Rights

“Nothing about me without me.”

Make sure you are present and involved when your needs and goals are being discussed.

“Most Integrated Setting”. Having the choice to live and work in the community, no matter what kind of disability you have.

“Equal” does not mean *“the same”*. To get equal opportunity, you may need a different approach or service.

“Reasonable Accommodations”. Help and adaptations that can be made easily and inexpensively.



The NYS Office of Vocational and Educational Services for Individuals with Disabilities, The Resource Center for Independent Living, The United Way of Clinton and Essex Counties, Banknorth, Mountain Lake PBS, Northeast Public Radio, Clinton County Office for the Aging, Microsoft Corporation (through Tech Soup), and the Lions Clubs in our area.

North Country Center for Independence
102 Sharron Avenue
Plattsburgh, NY 12901

Advocacy Tips



North Country Center for Independence

102 Sharron Avenue
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10 Advocacy Tips

1. Develop your own way of describing your disability and explaining your needs to others.

2. Keep a list of calls and meetings you have, including dates, who you spoke with, and what you talked about.

3. If you have many things you need to do, decide which ones are the most important and work on them first.

4. Keep a list of specific things other people say they will do for you, and a list of things you agree to do for yourself.

5. Keep a list of specific things you often need help with, along with information on the tools and accommodations that work best for you.

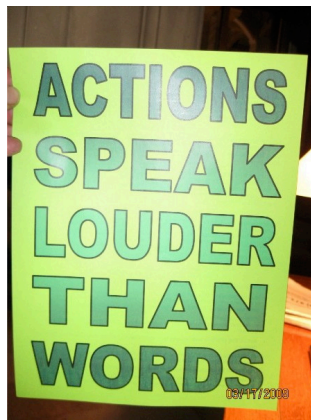
6. Treat all people with respect at all times, no matter what happens. You can be polite and very strong at the same time.

7. Always speak and behave in a way that will lead people to respect you and your abilities. Making people feel sorry for you is not the best way to get what you want.

8. Its good to have friends, family, or advocates speak with you, but try not to have them speak for you or instead of you. Whenever possible, speak for yourself.

9. If you are going to be working with a business, organization, or agency, learn something about it first.

10. Remember to thank people for their help!



Children and Youth ...

When you are in school, it is normal for your parents to speak for you in making plans for your education, your future, and things you need to deal with your disability. Teachers and school counselors are also responsible for making sure your needs are met.



Adults ...

As you get older, you start taking more responsibility for your needs and goals. Colleges, employers, and service providers will look to you, not your parents, to make decisions and plans. And, it is up to you to tell people what you need.