



SELF ADVOCACY TOOLS



TOOLS



In the tools section, you will find helpful worksheets and space to write things down to help you on your self-advocacy journey.

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Help yourself by working through the following tools, using the advice from our Self-Advocacy Toolkit. If you wish to download additional pages, you can do so at www.advocacyfocus.org.uk.

MEETING PREPARATION SHEET

Date:

Time:

Place:

Where:

Who's going:

What is it for:

What outcome do I want?

What questions do I want to ask?

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MEETING NOTES

What's important?

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What needs to be done?	Who by?	When?

CUE CARDS

 I am the expert of my experience	Please take my requests into consideration
Please help me to create my best possible future	I am trying to get my point across but don't feel you are listening
Please can I speak	I don't feel you are listening to me
I need a break	Please slow down. Tell me again
I don't understand. I feel confused	STOP!
I am struggling to explain myself	I feel frightened

IMPORTANT CONTACTS

Name	
Who is this?	
Telephone Number	

Name	
Who is this?	
Telephone Number	

Name	
Who is this?	
Telephone Number	

Name	
Who is this?	
Telephone Number	

Name	
Who is this?	
Telephone Number	

Name	
Who is this?	
Telephone Number	

CONTACT JOURNAL

Record your conversations in the table below.

Date	Time	Name	What we talked about

MY TO DO LIST

Date

WEEKLY PLANNER

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Notes