

Advocating for yourself or loved one

1. Identify the goal of your advocacy.
 - a. What are you hoping to accomplish? b. What are some acceptable outcomes?

 - b. Develop a plan or strategy?
 - a. What facts and arguments support your position?
 - b. If relevant, what rights do you have, what laws apply, what resources exist or what benefits or services are you entitled to?

 - c. Consider the perspective of the party to whom you are advocating.
 - a. Anticipate and understand their positions and their arguments.
 - b. How might you counter those arguments?