

**Your voice is powerful!
Advocate for yourself and
make the way easier for
others.**

WHY IT MATTERS?

Every act of self-advocacy educates service providers about what equitable communication is.

It's setting a standard.

It's the role you can play in changing the system.

When people experience the benefits of inclusive and equitable communication for themselves, attitudes change.

TOGETHER WE NEED TO ...
keep the '**educational ripple effect**' going:

- keep **advocating**
- keep **learning**
- pave the way for **others**
- together we all **thrive**

Self-advocacy is a critical skill that helps all of us thrive throughout our lifetime

OUR SERVICES



ASL Interpreting

- On-site
- Virtual Remote Interpreting (VRI)
 - Pre-scheduled or On Demand



Workplace Assessments

We assess workspaces

- Personal accommodation plan
- Best fit accommodations



Assistive Equipment

- Listening Devices
- Smoke detectors and bed shaker alarms
- Flashing doorbells

Visit: estore@deafandhearalberta.ca

CONTACT US! 403-284-6200
info@deafandhearalberta.ca
www.deafandhearalberta.ca

Deaf & Hear Alberta

is here to help you access
equitable communication

5 Simple Steps to **SELF-ADVOCACY**



**CALGARY
FOUNDATION**
FOR COMMUNITY, FOREVER

ABOUT YOUR RIGHTS

You have **the right** to live and work without discrimination.

Alberta Human Rights (AHR) says personal characteristics are **protected** from **discrimination**.

An employer, service provider, or landlord must **make an effort** to find an accommodation for an employee, client, or tenant.

You need to work with your employer, service provider or landlord to identify reasonable accommodations so they can be provided.



DHA has:

- ASL interpreting services
- assistive listening devices
- support communicating with AHR

www.albertahumanrights.ab.ca

5 SIMPLE STEPS



There is only one world, and everyone, without exception is part of it.

We're not just advocating for today — we're shaping a more equitable tomorrow.

People who self-advocate:

- can communicate their needs
- are more likely to thrive in school, work, and life

START HERE

Prepare to self-advocate

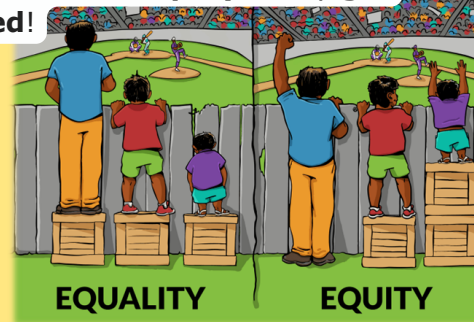
STEP 1 IDENTIFY & CLARIFY

What **setting** am I going into?
What do I need to **understand** everything that is being said?

STEP 2 REACH OUT

Who can provide what I need?
Service Provider, Dr's Office,
Disability Resource department, DHA?

Every Deaf or hard of hearing person has the right to **communication equity** - they **get** what they need!



STEP 5 CREATE A THANK YOU

This is a part of the **education process** to **change** people's **attitudes**.

Thank them for:

- seeing the communication **barriers**
- being a part of the **solution**
- seeing the need for communication **equity**

STEP 4 SPEAK UP

Emphasize that you **both need to understand**.

Try something like...

"this is an important conversation. I need to know **we both understand** each other, **so I need...**"

STEP 3 CONFIDENCE & COURAGE

Being clear gives you confidence.

Practicing **what** and **how** you will ask helps to build courage.