**Advocacy: Parent Worksheet**

COMPLETE PRIOR TO THE SESSION:

1. Please describe how you define “advocacy” when it comes to your child:

**Please rate yourself on the following items below on a scale from 1 to 4, by checking the appropriate box:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **1** **I need a lot of help in this area** | **2****I need some help in this area** | **3****I do this with some skill** | **4** **I do this quite well** |
| **Understanding my child’s disability** |  |  |  |  |
| **Knowing the “key players” when it comes to getting my child supports and services** |  |  |  |  |
| **Knowing my rights and responsibilities when it comes to my child’s education**  |  |  |  |  |
| **Using clear and effective communication with members of my child’s team** |  |  |  |  |
| **Maintaining a system of documentation and organization of information related to my child’s education and treatment services** |  |  |  |  |
| **Using effective conflict resolution skills when needed**  |  |  |  |  |

**Please rate how your child uses the skills described below on a scale from 1 to 4, by checking the appropriate box:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **1** **No skill in this area/does not apply to my child** | **2****My child can do this with substantial help** | **3****My child can do this with some help**  | **4** **My child can do this independently**  |
| **Speak up for his/her needs** |  |  |  |  |
| **Make decisions about his/her life** |  |  |  |  |
| **Get information to increase understanding and/or obtain necessary supports** |  |  |  |  |
| **Find others who will support him/her** |  |  |  |  |
| **Know his/her rights and responsibilities when it comes to his/her education**  |  |  |  |  |
| **Problem solve**  |  |  |  |  |
| **Listen and learn** |  |  |  |  |
| **Connect with others for support**  |  |  |  |  |
| **Connect with others for friendship** |  |  |  |  |

COMPLETE AFTER THE SESSION

**Please identify three goals related to advocacy that you have for yourself and/or your child:**

**1)**

**2)**

**3)**