

Advocating for Change Script

Think of an activity that you want to do. Then think about a part of the environment that would make it hard for you to do this activity. When this happens, you may need to talk to someone in charge to make a change in your environment. Use this script to practice what to say when advocating for a change in your environment.



Step 1 Say hello and introduce yourself



Step 2 Explain the activity you want to do (your goal)



Step 3 Describe the part of the environment that makes it hard for you to do the activity (the barrier)



Step 4 Describe the strategy you want to use to change the environment
(The strategies are: plan ahead, change spaces, change the rules, ask someone for help, use technology or things, teach others about abilities and needs)



Step 5 Explain why using this strategy will help you do the activity



(Turn the page over for steps 6-8.)

Step 6 Listen to the person's response. Decide if the answer will help you or make it hard for you.



If the person says no or suggests a different idea that will make it hard for you...



- Ask to use a different strategy or ask if they can think of another way to help you change the environment
- Ask if someone else can help you. Write down their name and contact information.
- Explain how a disability rights law may help you make a change in your environment (ADA, IDEA, or Rehab Act)



If the person agrees to your request or suggests a different idea that will help you...



- Ask the person where, when, and how the change will be made



Step 7 Talk with the person to decide what you will do next:

- Look for more information,
- Talk to someone else, or
- Start using the strategy.



Step 8 Thank the person for meeting with you