

Background info:

Jose

- 8 y/o
- 2nd grader
- dual language program
- diagnosed with CP, GMFCS Level II
- wears solid AFOs
- has a 1:1 health para
- receives OT and PT

Jose displays poor motivation to accomplish anything in school. He has learned to rely on everybody else for support. His parents provide him with too much assistance. He relies on his paraprofessional much more than he should. He has even informed his teachers that he is unable to do certain things so that he does not have to sit on the floor with his classmates or participate in a song/dance his class does as part of their morning routine.

Jose was asked to complete the self-advocacy worksheet to see whether this self-reflection will make him realize that he can do more for himself. He did not show interest in this type of self-reflection but still cooperated. Jose outright stated that he can do everything for himself despite the fact that his para generally does everything for him. The “Speak Up!” self-advocacy worksheet did not seem to change his view of himself nor his motivation.

We still believe that Jose can do more things for himself if he is more self-determined. Future plans for Jose include:

- **Meeting with the whole team to come up with an action plan to encourage and motivate Jose to do more for himself, and for others to provide him less (unnecessary) assistance.**
- **Completing the SDLMI at the start of the school year so Jose can be motivated to work on goals he has set up for himself.**



Speak Up!

(Self-Advocacy Worksheet)

My first name is: Jose	My last name is: B
Parent/guardian's name(s): -----	
My brother(s) and sister(s) name(s): J and J	
I live at: ----- in New York	
My phone number is: -----	

To become interdependent, I need to practice self-advocacy. Self-advocacy means speaking up for myself or for something I believe in. People who are self-advocates can communicate what they are feeling, thinking and what they want or need.

As a self-advocate, I can speak up to describe myself, to ask a question or to ask for help.

This worksheet will help me prepare to become a self-advocate.

I can speak up to describe myself to others!

Everybody's different.

Everybody's better at some things than on others.

What I like, what I am good at and what I need help with makes me unique.

Here is what I would say when somebody asks me the questions below:

“What activities do you like?”

Playing, running, going to the park, traveling to the DR, writing and reading.

“What activities can you do by yourself?”

Everything!
I put on my braces and tie my own shoes. I can play alone and drink juice without help.

“What activities do you need help with?”

Help carrying my lunch tray.

“Everybody's different. What makes you different?”

I walk bad and have to wear braces. I fall a lot and my feet hurt.

I can speak up to ask for help!

*Everybody needs help sometimes.
I help others and others help me.*

Here is what I would say when somebody asks me the questions below:

“Name the people you help in school. What do you do for them?”

In my class I help people with writing, spelling and reading.
I help Ms M and Ms. P, my teachers, to clean up.

“In school, who can you ask when you need something?”

Ms M and Ms P, My teachers.
My Para
Ms R, the lunch lady.

“Name the people you help at home or in your community. What do you do for them?”

Mom- I give her water and food
Brother- I get him books and tell him what to do.

“At home or in your community, who can you ask when you need something?”

Everybody in my family
My neighbors

“How do you ask people when you need something?”

“If you can help me do this?”
“Can you help please”

I can speak up to ask a question!

*Nobody knows everything.
Asking questions can help me find an answer.*

Here is what I would say when somebody asks me the questions below:

“When do you ask questions at school or at home?”

When I have a question about homework and what I have to do.
When I want to play.

“What do you do to get people’s attention when you have a question?”

I knock on my neighbor’s door.

“What do you do to communicate better?”

I say please and show them what I need.
I explain to them what I need help with more.