

Activity 6.1: What documents do I need to keep?

When you are speaking up for yourself it is important to keep everything written down on paper so you know what you have already done, what has been decided, and what needs to happen next.

Check that you have copies of everything on this list in your self-advocacy file:

What is the problem?	
Who can help me?	
What do I want to change?	
What do I need to know?	
What can I do to change things?	
What do I do first?	
Documents (birth certificate, medical records, immigration papers)	
Letters about your case	