

Deaf Self-Advocacy AIDE (Accessibility, Inclusion, Diversity, and Equity) Checklist

Self-advocacy for yourself and others in the Deaf community is an essential skill to have to assert your rights, express your needs, and advocate for all. This document is a checklist to support you to do the self-advocacy.



Know your Rights

- ☐ Familiarise yourself with state and federal laws, regulations, and policies that protect the rights of individuals with disabilities, including deaf individuals.
- ☐ Understand your entitlements, such as reasonable accommodations, equal access to education and employment, and communication support.



Build Self-Confidence

- ☐ Recognise and appreciate your own strengths, abilities, and unique perspective as a deaf individual.
- ☐ Develop self-confidence by setting and achieving personal goals, seeking personal growth opportunities, and celebrating your achievements.



Communication Strategies

- ☐ Explore and utilise effective communication strategies that work for you, such as sign language, speech reading, written communication, or assistive technologies.
- ☐ Advocate for your preferred communication method and ensure that it is respected and accommodated in various settings.



Identify Support Networks

- ☐ Connect with deaf organisations, deaf service providers, support groups, and networks that provide resources, information, and peer support.
- ☐ Seek out mentors or role models within the deaf community who can offer guidance and support in self-advocacy.



Effective Communication

- ☐ Clearly express your needs, preferences, and concerns to others in both personal and professional settings.
- ☐ Educate others about effective communication methods and how they can best interact with you, including the use of visual aids, written communication, or sign language interpretation.



Request Accommodations

- ☐ Understand your specific accommodation needs and confidently request them in various contexts, such as educational institutions, workplaces, or public events.
- ☐ Familiarise yourself with available accommodations, such as Auslan and Deaf interpreters, captioning services, or assistive listening devices, and assert your right to access them.



Prepare and Plan

- ☐ Prioritise and plan ahead for situations that may require self-advocacy, such as meetings, interviews, or appointments. Consider any potential barriers or challenges and prepare strategies to address them.



Educate and Raise Awareness

- ☐ Educate others about deafness, Deaf culture, and the challenges faced by deaf individuals. Raise awareness about communication needs and the importance of inclusive practices.
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- ☐ Share your personal experiences, stories, and successes to help others understand and appreciate the abilities and strengths of deaf individuals.



Seek Additional Support

- ☐ If facing discrimination, barriers, or challenges, seek additional support from Deaf Australia, other disability rights organizations, legal services, or advocacy groups that can provide guidance and assistance.



Evaluate and Reflect



Regularly evaluate your own self-advocacy skills, identify areas for growth, and reflect on your experiences to continually improve your advocacy efforts.



Remember, **self-advocacy** is an **ongoing process** that may require **persistence** and **resilience**. By actively advocating for yourself and raising awareness, you can contribute to a more **inclusive and accessible** society for all deaf individuals in Australia.