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Today’s date:

**Care and Support Assessment Tool**

*Gegi knows that self-advocacy can wear you out, especially if it’s not going well. This tool is designed to help you think about what support you need and how to care for yourself while advocating. You can fill this out by yourself, but we suggest bringing it to a supporting adult (see Step 3: Find Your Team) and ask them to use it to guide this important conversation.*

For each question, talk, write, jot notes or draw your responses.

**1. How would you like people at school to respond to what’s happening?**

**2. How will you feel if the school does not respond the way you would like?**

**3. Who are three people who make you feel better when you are feeling down?**

**4. If you don’t feel like there are three people you can go to, where else can you find support?**

*Pro tip!* ***Gegi’s School Who’s Who*** *can help.*

**5. List five positive things you can do to help you feel less stressed at any point during your self-advocacy.** *This could be anything like speaking to a supportive adult, parent, elder, guardian, etc. Or, things like drawing, singing, ceremony, going outside, or playing a video game.*

**6. If you have a disability, chronic illness, or chronic pain, check off some additional support you think you may need when you have meetings during your self-advocacy journey.**

* I need to make sure that any spaces where I am meeting with people are mobility device accessible.
* I need my care-aid (whether this is a professional, a parent, a friend, etc.) to come with me.
* I need to bring my animal support companion.
* I need an ASL / LSQ interpreter.
* I need time afterwards to rest (I can’t go right back to class, for example).
* Instead of meetings, I need all communication to be in writing.
  + I need all communication to be clear and written without technical language or metaphors.
* I need low lighting.
* I need to meet online only, or by phone.
* I need to take breaks during the meeting.
* [ other ]

*Pro-tip!* *You are not obligated to provide any information about your disability, chronic illness, or chronic pain if you do not want to.*

**7. What is a sign that you may need to pause your self-advocacy and check in with yourself, a friend and/or your supporting adult, or seek more support?** *Everyone is different, and below are some examples. Check any that you feel apply to you, or come up with some of your own.*

- If I don’t have energy to do things that I usually like to do.

* If I’m too stressed to concentrate on my studies.
* If I can’t think about an upcoming self-advocacy meeting, conversation or email without experiencing a lot of anxiety.
* If a relationship I depend on for emotional, financial or other kinds of support is in trouble.
* If I’m told that the school cannot do anything:
  + By one adult
  + By several adults

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**Hoof-five! This can be hard to do. Now finish up like a pro:**

Keep this document! Take a picture with your phone, or save it to a device. Come back to it often to see if your needs have changed, or to check in with yourself.