

# People First of West Virginia Self Advocacy Checklist



This Self Advocacy Checklist will help you discover how much you are using self advocacy skills in your life . If you need help or have questions, please call our office toll free at 1-877-334-6581.

Name: \_\_\_\_\_

Street address: \_\_\_\_\_

City, State, ZIP: \_\_\_\_\_

Phone: (    ) \_\_\_\_\_ - \_\_\_\_\_ E-mail: \_\_\_\_\_

Did you attend the past Annual People First Conference?

Yes     No

How many People First Conferences have you attended?

\_\_\_\_\_

Are you active in your local People First Chapter?

Yes     No

Do you participate in meetings about your services such as IPP, IEP, IDT, DRS and etc.?

Yes     No

Do you decide what services and trainings you get?

Yes     No

If you have a problem with your services, do you know where to go to get help?

Yes     No

Do you make your own decisions about your personal life?

Yes     No

If you have a job, did you decide where you want to work?

Yes     No     I do not have a job

Do you help decide who assists you with your daily needs?

Yes  No

Do you decide what you want to do and where you want to go?

Yes  No

Do you decide how you spend your own money?

Yes  No

Do you answer your own phone?

Yes  No

Can you have friends come to your home or call them on the phone?

Yes  No

Do you decide when to go to bed and when to get up?

Yes  No

Do you decide what clothes you're going to wear?

Yes  No

Do you plan your own meals and decide what you want to eat?

Yes  No

Do you have a Facebook page?

Yes  No

People First Chapter: \_\_\_\_\_ Date: \_\_\_\_\_

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**People First of West Virginia**  
**1917 Dudley Avenue, Parkersburg, WV 26101**  
**Toll-free 1-877-334-6581 Fax 304-865-2072**  
**[www.peoplefirstwv.org](http://www.peoplefirstwv.org)**

