



Self-Advocacy Presentation Notes

By: Kathryn Sykes, RSW
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Living well with epilepsy means taking control of your situation in the best ways you can: be an expert on your own health, be the head of your caregiving team, and be informed about your choices. You are your own best advocate.

What is self advocacy?

Taking your place as the head of your caregiving team, working to achieve goals you have set by seeking education, support, and the best options for yourself.

What is epilepsy?

A person is diagnosed with epilepsy when he or she has had two or more unprovoked seizures. Epilepsy is unique from person to person, but in all cases, it is a lack of control.

Goal: Identify what you can control, and do it.

Plan your Life

Think about where you want to be, and take the steps that you need to get there.

Education

Know yourself and your symptoms, use resources to keep up to date with progress in epilepsy.

Partnerships

Identify the members of your caregiving team. Respect their expertise, and expect respect in turn. Act like a professional.

Community

Know your supports, respect them, and plan for risk.

Ask

No one knows that there is a shortage in resources until you tell them.

Give epilepsy as little control as possible over your life by consciously advocating for yourself.

British Columbia Human Rights Code:

One cannot be discriminated against because they have a disability. A disability may be physical or mental, visible or nonvisible. The term "disability" includes: epilepsy, developmental delay, learning disability, mental illness, etc.

A service provider has a duty to reasonably accommodate a person with a disability up to a point of "undue hardship". This can mean different things in different situations.