

# Supporting a Person to Develop Self-advocacy Skills



If you are the parent of a child living with epilepsy you may want your child to be more involved or self-advocate on their own when it comes to decision-making. This might also be the case if you care for an older person who lives with epilepsy and needs support. You can support a person to self-advocate by:

- Using information that makes sense to them
- Ensuring that they get to have their say
- Involving them in decisions and listening to what they have to say
- Giving them time to process information and make decisions.

Remember, the child or person often learns from you. If you can demonstrate positive, effective and courteous self-advocacy, they are more likely to develop self-advocacy confidence along the way too.

