

Self advocacy tips

Self advocacy is what you do to stick up for yourself and protect your rights.

There are many different ways that you can stick up for yourself and protect your rights. Here are some realistic tips about dealing with difficult problems:

- Believe in yourself and know that you have rights
- Get the facts and follow correct steps to make a complaint
- Discuss your concerns with those involved either verbally or in writing
- Keep records of what is said and the paperwork you are given
- Know your rights to appeal any decision you don't agree with

Our Mission

The mission of the Disability Law Center is to enforce and strengthen laws that protect the opportunities, choices and legal rights of people with disabilities in Utah.

Our Vision

We envision a just society where all people are treated with equity, dignity and respect.

Call toll free:

1-800-662-9080 or

1-800-550-4182 (TTY)

and speak confidentially with an advocate.

www.disabilitylawcenter.org

If you need help, call toll free:

1-800-662-9080 or

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www.disabilitylawcenter.org

205 North 400 West

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Monday through Friday



**DISABILITY
LAW
CENTER**

Utah's Protection and Advocacy Agency

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CAP

*Client
Assistance
Program*



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What is CAP?

The Client Assistance Program (CAP) at the Disability Law Center protects the legal rights of people who apply for or are already clients of the state's Vocational Rehabilitation (VR) or Independent Living (IL) agencies.

What can CAP do?

- Give you information about VR and IL services
- Teach you how to protect and assert your rights
- Advise VR and IL about problems with the "system"
- Assist you with the appeals process
- Make sure your voice is heard and respected

Who does CAP help?

- People who live in Utah
- People who need or are receiving VR or IL services
- People who have been denied VR or IL services
- People who disagree with their VR or IL counselor's decisions about the services they receive or need
- People who have had their VR or IL cases closed

How can CAP help me?

- Explain your rights and responsibilities so you can understand them
- Tell you about services available
- Work out problems between you and your counselor
- Make sure you get the services needed to get a job

What services does VR offer?

- Help finding a job
- Training and education
- Books, supplies, tools and licenses
- Medical and counseling services
- Transportation for job training
- Independent living skills training
- Job coaches and supported employment
- Assistive devices like computers, wheelchairs, hearing aids

What about IL services?

- Information and referral
- Peer support and advocacy
- Rehabilitation technology
- Interpreter or reader services
- Transportation for IL services
- IL skills training

Disability Law Center

is a private non-profit organization designated by the governor to protect the rights of people with disabilities in Utah. Our materials are available on tape, in large print, in Spanish and in Braille.

All our services are provided free of charge.

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