

"Nothing about us, without us"



For Further Information:



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Western Care Association

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Mayo Self Advocacy Group



Your Voice...Speak Up!



About Us...

We are the **Mayo Self Advocacy Group** and we have come together to support each other in voicing our opinions and campaigning for our Rights.

A

...Advice

D

...Decision Making

V

...Voice/Views

O

...Opinions/Options/Others

C

...Choice

A

...Access

C

...Concerns

Y

...Yourself



The Future...

To develop, learn and enhance our advocacy skills e.g. decision making.

Putting these skills into practice thus promoting personal development and building self confidence.

Utilising these skills to self advocate and help others.



External Links...

To develop and promote networking and communication outside of the Mayo Self Advocacy Group we will be linking with the following:

- National Platform for Self Advocates.
- National Advocacy Service.
- Inclusion Ireland.
- Disability Federation of Ireland.

We welcome involvement in future consultations regarding relevant policies.

