

SELF-ADVOCACY TOOLS

All tools are available digitally, but **it may be helpful to print physical copies and fill them out by hand.**

If you would like to use the **self-advocacy tools** as part of your healthcare visit, you can access that resource packet using [this link](#) or QR code.



**ACCESS
TOOLS HERE!**

**Healthcare
Self-Advocacy
Tools**

for Women of Color with Intellectual
& Developmental Disabilities

Image courtesy of Dana Chan for Disabled And Here.

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