



BE AT EASE

LEARN TO SPEAK UP FOR YOURSELF

Advocating for yourself and others can seem overwhelming, occasionally making you feel ineffectual, powerless or unqualified.

Follow these four easy steps to build foundational skills to boost your confidence to seek second opinions when things don't feel right:

1

KNOW AND UNDERSTAND YOUR RIGHTS THROUGH LAW AND POLICY

START WITH:

- **Americans with Disability Act (ADA)**
- **Individuals with Disabilities Education Act (IDEA)**
- **Health Insurance Portability and Accountability Act (HIPAA)**

2

FIND RESOURCES

SUCH AS:

- **The Exceptional Family Member Program (EFMP) & Special Education Attorneys**
- **EFMP & Me**
- **Military OneSource**

3

NETWORK, CREATE, AND BUILD RELATIONSHIPS.

WITH:

- **Official advocacy groups**
- **Peer networks**

4

ORGANIZE AND PRIORITIZE

BE SURE TO:

- **Document communications (date, time, with who)**
- **Maintain organized records**

The information provided above was sourced from the Military OneSource Podcast - Advocating for Yourself & Others. Click [here](#) to listen to the full podcast.