

## Advocate

*noun* **1.** A person who argues for or supports a cause or policy.

*verb* **2.** To publicly recommend or support.



## Three ways the FSP can advocate for families:

- Do for:** The family support professional takes the lead as advocate and reaches out and speaks for the family. The FSP may make phone calls, investigate resources, talk to outside resources (with the family's permission) or make a call that resolves a need or concern.
- Do with:** The FSP partners with parents to develop the parent's advocacy skills. Together, they practice phone calls to potential resources, write up a plan of what to say, find out who to talk to, go to an appointment, celebrate successes and think about the future benefits these advocacy efforts will bring to the family.
- Cheer on:** The FSP gets behind the parents and becomes their cheerleader. They might offer support for the participant's ideas, strategies and actions. The FSP remembers to celebrate accomplishments and point out and reinforce the positives of their actions. As a cheerleader, you can ask a parent to consider what they learned from their advocacy efforts and how they might use this new knowledge and skill in the future.

## FSP Role in Advocacy:

- Teach families to advocate for themselves; help them build self-advocacy skills
- Widen the support network for families through referrals to outside agencies and resources
- Help families set and achieve goals with the focus on the process, not the product

## SMART Goals

- **Specific** – specific goals are achievable
- **Measurable** – lets you know when your goal has been accomplished
- **Achievable** – you should be able to achieve the goal in the specified amount of time
- **Realistic**
- **Time-oriented** – specific time frame in which the goal will be accomplished to maintain focus and measure progress

## Strategies for Supporting Goal Attainment

1. Check on goal progress at every visit. If parent has accomplished even one step, offer specific praise.
2. Ask about barriers using solution-focused questions and conversation starters, such as "Who else could you speak to about getting back in school?"
3. Use the 4 W's (who, what, when and where) to discuss progress or lack of progress on a goal.
4. Keep the family goal plan fluid and up-to-date.
5. Ask the family about previous accomplishments or successes.
6. Follow up on goals to encourage success.
7. Always praise the parent for working on their goal. Link what you do on a home visit to the family's goal plan.

## Resources

### Chapter 1: Welcome

### Chapter 2: Advocating for Participants

- Defining Advocacy – [Handout](#)
- When to Advocate for a Participant - [Video](#)
- Advocating For vs. Self-Advocacy – [Handout](#)
- Do For, Do With, Cheer On - [Handout](#)

### Chapter 3: Building Self-Advocacy Skills

- Rachel and Bree: A Case Scenario – [Transcript](#)
- Building Self-Advocacy Skills - [Handout](#)
- Natalie and Aaron Case Scenario: Advocacy in Action - [Transcript](#)

### Chapter 4: Making Referrals

- Considerations Prior to Making a Referral - [Handout](#)
- Jody: A Referral Scenario - [Transcript](#)
- Following Up On Referrals - [Handout](#)

### Chapter 5: Goal-Setting

- Role of Self-Efficacy - [Transcript](#)
- Developing Self-Efficacy – [Handout](#)
- The Goal Development Process – [Handout](#)
- SMART Goals – [Handout](#)
- Goal-Setting Demonstration - [Transcript](#)
- Sample Family Goal Plans
  - #1 - [Resource Handout](#)
  - #2 - [Resource Handout](#)
  - #3 - [Resource Handout](#)
  - #4 - [Resource Handout - Spanish](#)

### Chapter 6: The Family Support Professional's Role

- Try Something New Every Day, TED Talk – [Transcript](#)
- The Family Support Professional's Role – [Handout](#)
- Supporting Families to Achieve Their Goals - [Transcript](#)