



How can self-advocacy influence **well-being**  
of people with intellectual disability:  
International program of research



## Easy Read report

We are researchers from

- University of New South Wales  
Sydney, Australia
- Open University (Milton Keynes),  
United Kingdom



We are working on projects about

- self-advocacy
- well-being





Well-being is about

- how you feel about your life
- how good it is

We want to understand how self-advocacy



- helps against discrimination
- supports inclusion of people with intellectual disability

We did 2 studies



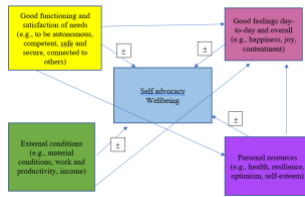
1. We read articles about

- self-advocacy
- how it helps to well-being

2. We talked to 54 self-advocates in Australia and the United Kingdom

- 26 women
- 28 men





To do this, we used something called ‘the dynamic model of wellbeing’

This model shows us that having a good life is about different things.

It is about your:



- physical and mental health



- confidence and self-esteem



- social life – things like
  - work
  - money
  - relationships



What we found out in our studies



## Self-advocacy



- improves how people feel about themselves and their lives



- helps people have more self-esteem



- helps people to learn new things



- helps people to speak up for themselves



- helps people celebrate their strengths



- supports people to connect to the wider community



## Why is this important?

The United Nations Convention on the Rights of Persons with Disabilities

(UNCRPD, 2006) says

people with disabilities have rights to

- active participation and inclusion in community

168 Countries in the world signed this

Who is doing this Research:



- Iva Strnadová  
Professor in Special education at University of NSW



- Liz Tilley  
Senior Lecturer & Associate head of school in school health United Kingdom



- Jan Walmsley  
Visiting Professor at Open University
- Alan Armstrong  
Self Advocate in United Kingdom (Alan sadly died in 2021)



- Joanne Danker  
Lecturer in Special education at  
University of NSW



- Julie Loblinzk  
Adjunct lecturer, Self Advocate in  
NSW



- Michelle Tso  
PHD student in special education  
at University New South Wales

### **What is next:**



Open University is doing research to look at who pays for self-advocacy and why.

For more information about this, email:

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