

## **Tips on how to advocate for yourself**

As a deaf or hard of hearing person, it is likely you will find yourself in a situation where it is necessary to advocate for yourself. Why is self-advocacy important when we have laws? Not everyone follows the law. A deaf or hard of hearing person may be turned down when requesting a sign language interpreter, CART services (typing what is said) or amplification.

### 1. Request specific accommodations:

Be specific about what you need not just "communication". If you want an interpreter, be specific about the type of interpreter and provide information about where to find interpreter services such as through Montana Registry of Interpreters for the Deaf ([www.montanarid.org](http://www.montanarid.org)) or the Deaf Center. If you need a phone or other telecommunication devices, you can contact Montana Telecommunications Access Program ([www.montanarelay.mt.gov](http://www.montanarelay.mt.gov)). If you are specific about what you need, you're more likely to get it.

### 2. Know your rights

Take the time to learn your rights. You can look up what the ADA (Americans with Disabilities Act) covers on employment, state/local governments and public accommodations ([www.ada.gov](http://www.ada.gov)) as well as the NAD (National Association of the Deaf) website ([www.nad.org](http://www.nad.org))

### 3. Know who to contact and follow proper procedures and be tactful.