

## **Questions for UCP's "Speak for Yourself" Twitter Chat #1: Self-Advocacy**

Wednesday February 15, 2017 at 2:00 PM EST

Q1. What does Self-Advocacy mean to you?

Q2: What advice would you give to other individuals with disabilities about being your own self-advocate?

Q3: What is your first memory of practicing being a self-advocate?

Q4: What are some of the tools you need to be a successful self-advocate?

Q5: What is something you'd wanted to tell the health community about living with a disability?

Q6: What barriers have you experienced in your healthcare?

Q7: What are your goals when it comes to your health care?

Q8: Have you participated in health research?

Q9: How could health research be more accessible?

Q10: What would you like to see in the future for healthcare & research?