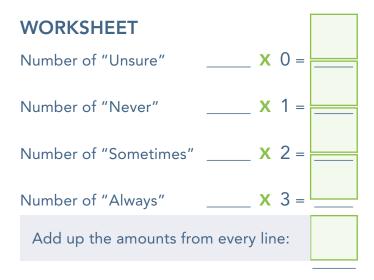


Self-advocacy strengths and weaknesses assessment

Use this handout to discover your self-advocacy strengths and weaknesses. Use the worksheet below to calculate and analyze your results from the self-advocacy strengths and weaknesses assessment on page two.



If your score is between 0 and 14,

your self-advocacy skills could improve. We recommend you talk to your audiologist about the areas that are troublesome for you – especially the areas you selected as "never" or "sometimes." Also, visit the **Self-advocacy** section of the website to learn more.

If your score is between 15 and 18,

you have a strong grasp of self-advocacy skills! You "always" or "sometimes" use most of the optimal self-advocacy skills. Remember to frequently reassess your skills, as your needs may change. Continue to learn more at the *Self-advocacy* section of the website.

To what extent	Always	Sometimes	Never	Unsure	Notes
Are you able to explain your hearing loss and the limitations of your cochlear implant?					
Are you able to effectively communicate and negotiate your hearing needs in conversations (e.g. request communication partner to speak slower)?					
Are you able to effectively communicate and negotiate your hearing needs in a workplace or volunteer setting (e.g. request accommodations)?					
Are you able to effectively communicate and negotiate your hearing needs in a health care setting (e.g. request written information after appointment)?					
Are you able to effectively communicate and negotiate your hearing needs in other settings (e.g. airplanes, hotels, music venues, etc.)?					
Are you able to effectively communicate and negotiate your legal rights as an adult with a cochlear implant?					

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