



ADMINISTRATION

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**TSWVYIM NRUG HAS
(Advocacy Tips)**

TSI TXHOB TXAAJMUAG

Koj muaj cai tau txais cov kev paabcuam; cov tuabneeg ua dlejnum yog muaj lug paab kuas koj tau txais cov kev paabcuam.

YOG KOJ TSI TOTAUB, CALE NUG

Koj muaj cai tau txais cov kev qha kws koj yuav totaub lug ntawm txhua lub tsev paabcuam tuabneeg. Has kuas puab muab cov kev qha kws sau ua koj yaam lug rua koj. Yog tas koj tsi totaub txug tej yaam kws ib tug tuabneeg has rua koj, has kuas nwg pav ntxiv kuas meej rua koj. Nug cov lug nug ntau npaum le kws ntau tau kuas koj totaub.

QHA YAAM KWS YUG PAUB

Yaam kws koj xaav tseemceeb. Koj yeej paub txug koj tug mivnyuas txuj kev tu-ncua ntau npaum le cov tuabneeg kws sojntsuam txug koj tug mivnyuas txuj kev tu-ncua. Tsi txhob ntshai has qhov kws koj paub hab xaav tau.

NPAAJ KOJ TUGKHEEJ

Uantej koj moog ntsib puab hab tshuaj txug koj case, xaav saib koj xaav tau dlaabtsi, hab yog vim lecaag koj xaav tau. Sau cov lug nug kws koj xaav kuas puab teb.

KHAWNS NTAUB NTAUV CA

Khaws taagrho txhua yaam ntaub ntauv kws has txug koj tug mivnyuas le case rua ib lub naab ntauv ca. Teev tej lug kws koj tau nrug puab thaam. Sau cov tuabneeg kws koj tau nrug thaam cov npe ca hab thaum twg koj nrug puab thaam, hab nrug puab thaam txug dlaabtsi.

NRHAV KEV PAAB

Yog koj tsi nyam moog ntsib puab ib leeg, tsi txhob moog. Coj ib tug phoojywg, ib tug tuabneeg huv koj tsevneeg, lossis ib tug tuabneeg nrug has nrug koj moog. Koj yeej muaj cai coj ib tug nrug koj moog, hab feem ntau tug tuabneeg ntawd yuav paab tau koj kuas ncu ntsoov has yaam teebmeem kws koj ntsib, paab koj sau tej kws mej tau lug sib pumzoo hab moog txhawb koj zug.

UA ZOO NOOG

Tomqaab kws koj thov ib txuj kev paabcuam lossis nug ib lulug nug taag, noog saib lub tsev paabcuam tuabneeg ntawd teb lecaag. Thaum koj tseem noog, rovqaab nug koj tugkheej has tas qhov kws puab teb ntawd puas teb tau koj lulug nug. Yog koj tsi paub tseeb tas sov puab teb lecaag tag, rovqaab nug puab dlua.

“Working in partnership with people with disabilities — to protect, advocate for and advance their human, legal and service rights; striving toward a society that values all people and supports their rights to dignity, freedom, choice and quality of life.”