



It is sometimes difficult for people with intellectual disabilities to be empowered. There are many reasons for this.

People with intellectual disabilities often are not allowed to do some things on their own.

For example, vote and stand for elections, sign contracts or create their own organisations. It is against your rights if you are not allowed to do these things.



Much information about important things is not easy to understand.

For example, information about illnesses. This makes it difficult for people with intellectual disabilities to make their own decisions, for example about their health.



People with intellectual disabilities are often put into institutions.

Then they live apart from other people. They must follow the rules of the institution and cannot decide for themselves.



But there are many ways in which you can get empowered!



Sign up for your local self-advocacy group.

This is what Cátia did. Find out more about Cátia: [click here](#)
You can also get together with others and create a new self-advocacy group.



Tell your local newspaper that they should write more texts in easy-to-read.

This is what Jean-Baptiste did. Find out more about Jean-Baptiste: [click here](#)



Speak up against institutions.

This is what Elisabeta does. Find out more about Elisabeta: [click here](#)



Speak for yourself and decide about your own life!

Read more about empowered self-advocates by [clicking here](#).