Do you want to know about your rights? Have your rights been violated? Would you like an advocate to attend an upcoming meeting or your annual Person-Centered Planning (PCP) meeting? A Disability Rights Maine (DRM) advocate can help!

An **advocate** is someone who protects your rights and helps you speak up for yourself. DRM is an independent, non-profit organization whose mission is to ensure autonomy, inclusion, equality, and access for people with disabilities in Maine.

**An Advocate Will**

- Listen to you
- Support you
- Work with you
Your Advocate Works for You!

✓ What you say to your advocate is private.

✓ Your advocate helps you with what YOU want help with, NOT what someone else thinks you need help with.

✓ Your advocate can help you learn the tools to advocate for yourself.

✓ Your advocate can talk to you about guardianship.

How Can I Get Help From an Advocate?

We have advocates in all areas of Maine. Call 800.452.1948 (V/TTY) to get started today!

www.drme.org

DisabilityRightsMaine

The Developmental Services Advocacy Program is funded by the Maine Department of Health & Human Services, Office of Aging and Disability Services.