

Sometimes, you make a decision that the people where you live do not agree with it. What can you do?

- Ask for a Team Meeting to make a plan so you can leave the house.
- Talk to your peers. They may have suggestions. They may know what it is like to have someone tell them “no” when trying to leave their house.



Before you advocate, practice. Practice what you will say. Get someone to practice with you. Ask your practice partner to challenge you. They should come up with lots of reasons why you can NOT leave your house.

Role-Play #1:

- Cheyenne says: “I want to walk to the store.”
- Makayla pretends to be a staff person. She says, “You don’t know how to stay 6 feet apart. I worry that you will not be safe.”
- Cheyenne puts on her mask and demonstrates standing 6 feet away from Makayla.



What else can Cheyenne say to make her case?

Role-Play #2:

- Randy says to his staff at her home: “I feel like I am ready to leave the house. I know how to keep safe. And, I have checked out the restaurant and they have outdoor seating. Is that okay?”
- Ebony says, “We don’t want you to get sick. We are afraid you will get the virus and give it to other people.”
- Randy comes back with, “I thought about what you have said. But I disagree. What would I have to do for you to say yes?”



What else can Randy say to make his case?

Role-Play #3:

- Danielle says, “I just got a call from my boss and they want me to come back to work. It took me months to get this job. I’m so relieved that I did not lose my job.”



- Emmanuel says, “I understand your worry, but it is just not safe enough for you to return to work yet.”

- Danielle says, “Well, I hear your concern. I read the OSHA guidelines, took their safety test, and passed it. I know all about social distancing. My coworkers are all back to work. I have a right to work the same as people without disabilities.”
- Danielle adds, “I have talked to my doctor and she said if I wear a cloth face covering, wash my hands often, and stay 6 feet away from others, I am not at greater risk.”

What else can Danielle say to make her case?

If the people in your life still disagree, ask for an individual risk assessment. Agencies should meet with each person and come up with an individual plan. If the conflict continues, you can:

- Ask for a meeting with the director of your agency.
- Call the state to file a complaint.
- Again, if you think your rights are being violated, you can contact **Protection and Advocacy**. They may be able to help you. You can find one near you at:



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