Disability advocacy means to use my experience to improve the experiences of others. Advocacy also means speaking up for what I need in order to live day to day. For example, if a door is too heavy and I can't open it or I need furniture to be moved in a room.

One of the accomplishments that I am most proud of is being a part of the door accessibility project. A lot of the doors at the hospital are heavy and I was able to consult on the doors that should have a wave button. And then one of the other accomplishments in general was that I was able to find a community here and learn how to trust my voice.

One of my advocacy dreams is to continue to use my voice and tell my stories in ways that can help others. I'm interested in – if I can find ways to teach others about how to treat people with disabilities.

– Sam