



Communication Disabilities Access Canada

### **Exercise your communication access rights**

You are the best teacher when it comes to educating people about how to communicate with you. You can get these resources on our website at

<http://www.communication-access.org/people-with-communication-disabilities/things-you-can-do>

Here are some things you can do. You can:

- Know your [communication rights](#)
- Have short instructions ready to tell people what you want them to do when communicating with you
- Use your most effective communication method when interacting with people who do not know you
- Prepare a [communication access card](#) that tells people the things they can do to make their services accessible to you
- Have [vocabulary](#) to communicate about your accessibility needs.