



## ADVOCACY

A teal speech bubble containing a white question mark.	<p>This section will help you understand <b>advocacy and who an advocate is.</b></p>
A teal icon of a balance scale, representing justice or rights.	<p><b>Advocacy</b> is when a person publicly helps to promote, provide and protect your human rights.</p>
A white checkmark inside a teal circle, representing success or completion.	<p><b>Advocacy</b> can help your voice be heard and your wishes met.</p> <p><b>Advocacy</b> can be used to help you become part of your community.</p>



Sometimes you might find it **hard to say what you want**. You might want someone to:

- support you
- speak up for you
- be your voice.



An **advocate** can be that person.

An **advocate** is someone who provides a public voice for you if you cannot or do not want to speak up yourself.

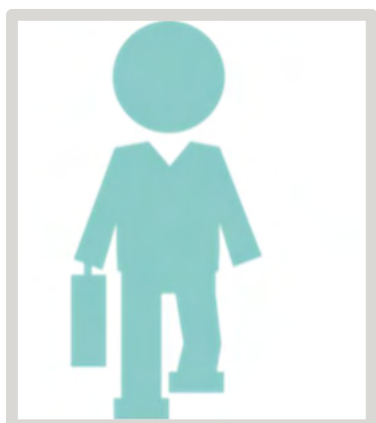


An **advocate** should be fair and treat everybody in the same way.



You can ask someone **you trust** to be your **advocate**, like your:

- mum or dad
- brother or sister
- close friend.



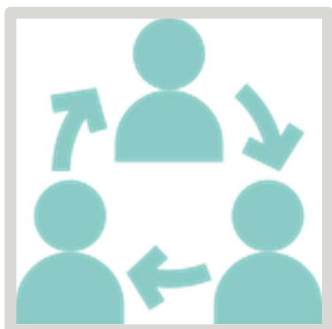
Or you can ask a **professional, independent advocate** to help you and to be your voice.

They can help you make good decisions and choices that are right for you.



Your **advocate** should always:

- listen and support you
- take your side
- help you make your own good choices and decisions.

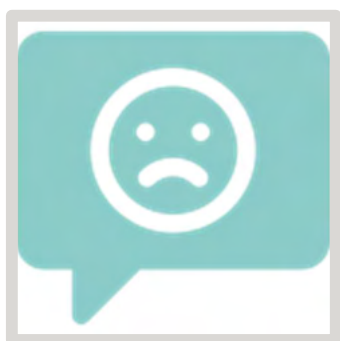


Your advocate can **help you**:

- get ready for meetings
- tell people/providers what you want
- by signing documents for you.



Importantly, your **advocate** can represent you and speak on your behalf.



Your **advocate** can help you **make a complaint** if you are not happy with:

- supports provided
- the way you have been treated.



Your advocate can speak for you and tell us how you have been treated or mistreated.

They will help us understand the **support and assistance you need.**



Your **advocate** must keep your information **private.**



Not sure how to find an **advocate?**



You can talk to your support worker or support coordinator.

You can call OC Connections on 9569 0603.

They will help you find an advocate.



Our managers can also help you go online to use the **Ask Izzy Disability Advocacy Finder**.