



Easy Read – Advocacy

What does advocacy mean?



This document will help you understand **advocacy and who an advocate is.**



Advocacy is when a person publicly helps to **promote, provide and protect your human rights.**



Advocacy can help **your voice be heard and your wishes met.**

Advocacy can **be used to help you become part of your community.**



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 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?**



Talk to the Operations Manager at
Melbourne Disability Services.

Call: (03) 8351 9901

They will help you find an advocate.



Our Operations Manager can also
help you go online to use the **NDIS
Disability Advocacy Finder**