

Getting Help from an Advocate

Easy Read



This document helps you understand advocacy and what an advocate is.



Advocacy is when someone helps to promote and protect your human rights.



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

It can also help you be part of your community.

What is an advocate?

Sometimes it can be 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 speaks up for you if you cannot, or do not want to, speak up yourself.



An advocate should be fair and treat everyone the same way.



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

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

What an advocate does



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

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



Your advocate should always:

- listen to you and support you
- be on your side
- help you make your own choices and decisions.



Your advocate can help you:

- get ready for meetings
- tell people and providers what you want
- understand documents before you sign them.



Your advocate can speak for you, if you want them to.



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

- your supports
- the way you have been treated.



Your advocate can tell us if you have been treated badly.

They will help us understand the support you need.



Your advocate must keep your information private.

How to find an advocate



Not sure how to find an advocate?



Call us on **1300 696 888** and ask for your Operations Manager.

They will help you find an advocate.



You can find an advocate yourself with the **Disability Advocacy Finder** on the Ask Izzy website: askizzy.org.au

Or call the **Disability Gateway** on **1800 643 787**.

Contact us



Call us on **1300 696 888**

Ask for your Operations Manager.



Email us

Canberra: admin@axissupports.com.au

Sydney: adminnsw@axissupports.com.au

Visit us



Canberra office

Shop 6, 26-28 Winchcombe Court, Mitchell ACT 2911

Sydney office

Shop 1, 5 George Street, North Strathfield NSW 2137

If you need an interpreter, call TIS National on **131 450** and ask them to call us. If you are deaf or find it hard to hear or speak, use the National Relay Service and ask for **1300 696 888**.

Based on PROVIDERplus Easy Read templates (© PROVIDERplus Pty Ltd 2021), updated and adapted by Axis Supports.