

# Advocacy

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.

## Advocacy

### ✓ 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

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

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### Not sure how to find an advocate?



Talk to the Admin Team at Brain Buddy  
Call: **03 9851 8200**  
They will help you find an advocate.



Our Admin Team can also help you go online to use the **NDIS Disability Advocacy Finder**



#### **You can contact us on:**

 Phone: **03 9851 8200**  
 Email: **info@brainbuddycare.com.au**