

National 360

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.



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 support and assistance you need.**
- **Share your ideas.**



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 must keep your information **private.**



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

You can get help finding an advocate on [NDIS Disability Advocacy Finder](#)