

Advocacy Fact Sheet



Advocacy is standing up for your rights.



When you advocate for yourself it is called self-advocacy.



Advocacy helps people who are treated in an unfair way.



If you have trouble standing up for your own rights you can ask an advocate.

An **advocate** can help you to stand up for your rights.



Advocates can give you information.



Advocates can tell you about the law and your rights.



Advocates can help with problems with

- School, Uni and TAFE
- Work
- Where you get your disability services from



Advocates can find the best person to help you.



Advocates will listen to you.



Advocates can help you make complaints.



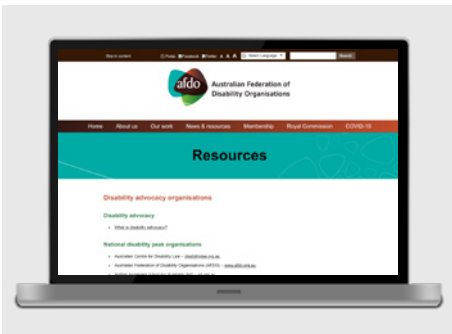
To make a **complaint** means to let the other person know that something is not right.



Advocates can help you when you feel discriminated.



Discriminated means that you are treated unfair because of your disability.



To find an advocate go to the website of the Australian Federation of Disability Organisations

www.afdo.org.au/resource-disability-advocacy-organisations



For help call the Disability Gateway

1800 643 787

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You need to ask CID if you want to use any of the pictures.

Contact CID at **business@cid.org.au**.