

# Advocacy

# About this Document

This information is written in an easy to read way



We use pictures to explain some ideas



You can ask for help to read this information



A family member, friend or support person may be able to help you



# What is an Advocate?

An advocate is someone you trust who can help you to tell us what you want or need



An advocate can be a friend, family member or from an advocacy service



An advocate can help you in many ways if you have a problem



An advocate can:

- help you make decisions, say what you want, or understand decisions



- help you if you have complaints



- help you if you are feeling unsafe



# How to find an Advocate

You can ask any of our staff



You can find a list of advocacy services through this link: [Disability Advocacy Finder.](#)



# Achieve Australia

## Contact Details

**You can speak to someone at our head office:**



Suite 1.01, 1 Epping Road  
North Ryde NSW 2113



You can call us on:  
1300 22 44 38



You can visit our website:  
[www.achieveaustralia.org.au](http://www.achieveaustralia.org.au)