



EASY READ - 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.
- 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.





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- Your advocate can help you: · get ready for meetings · tell people/providers what you want · by signing documents for you.
- Importantly, your advocate can represent you and speak on your behalf and help you make a complaint.
- Your advocate must keep your information private.
- Sense of Care can help you find an Advocate.
Call us on 0490 723 381.