**What is Advocacy**

Advocacy is when you get support from another person who will help you to express your views and wishes. They will help you to uphold your human rights and address instances of discrimination, abuse, neglect and exploitation

An Advocate is on your side:

* They will talk to you to find out what you want and how you feel
* They will help you to exercise choice and control and to have your voice heard in areas that affect you
* They are free of relevant conflicts of interest
* They will source information to help you make choices
* They support you to ensure no one takes advantage of you because of your disability.
* They can help you if your rights have been infringed upon because of your disability
* They will only talk to other people when and if you want them to.

Advocates are able to share your information if you, or someone you know may get hurt OR when the law says they must.

Your Support Team can help you find an advocate, just ask us. OR you are welcome to search for your own advocate:

[Disability Advocacy Finder](https://askizzy.org.au/disability-advocacy-finder)