

We start with **you**



# Advocacy



Easy Read

## Easy English

This information is written in an easy to read way.

We use pictures to explain some ideas.

Some words are written in **bold**. We explain what these words mean.

You can ask for help to read this document.

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

You may not want to read this whole document at once.

There are 2 main sections.

You may like to read these 1 at a time.

## About this guide

This guide lets you know what an **advocate** is and how they can help you.

## How can an advocate help?



An advocate is someone who can help you understand and speak up about a problem or other issue.



They will talk to you to find out what you want and how you feel.



They will listen to you.



They will find information to help you make choices.



They can talk to other people or groups for you.



They can help you say what you think about the support you need.

## What you need to know



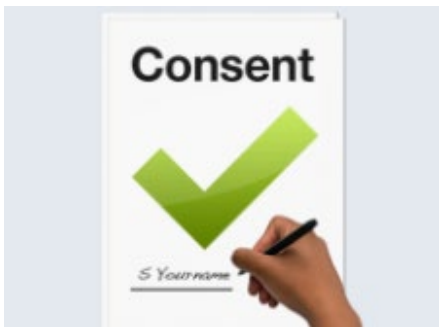
You can choose your advocate.



Your advocate can support you to have your say if you are not happy with your service.



Your advocate will ask you if you want help. It is ok to say yes or no.



Your advocate will only talk to other people:

- when you want them to
- if you or someone you know might get hurt
- when the law says they have to.



Where to find an advocate?

You can search for an advocate by clicking on this link:

[Disability Advocacy Finder](#)



Want help to find an advocate?

Speak to your Recruitment Partner.