

## What is an advocate?

An advocate is a person who can provide information, advice or practical assistance to you if you choose.

An advocate can:

- go to meetings with you or for you
- write letters or make phone calls
- assist you to make a complaint or
- help you to advocate for yourself.

Every person has the right to an advocate

## When do I need an advocate?

You may need an advocate if you have a serious and urgent issue. This could be with Innovate, another provider or a government department.

For example:

- You're not receiving services the way you like to receive them and you need some help in being able to talk about it
- you have tried raising an issue with a provider, but they did not listen.

We will talk to you about advocacy and you can ask for an advocate at any time.

## What should I expect from an advocate?

An advocate will treat you with respect, as an individual and help you to make decisions and choices about your life.



For more information please contact Innovate:

Phone: 0408 673 775 or 0447 239 342

Email: [info@innovatecs.com.au](mailto:info@innovatecs.com.au)

Website: [www.innovatecs.com.au](http://www.innovatecs.com.au)



## How do I contact an advocate?

There are a range of advocacy services available for people with disabilities, older people and carers. These details are listed below:



Innovate may help you make a complaint, talk to a service provider or find an advocate.

It is important to get assistance from an advocate if you have a serious and urgent issue with a service provider or government department.

### **Ability Advocacy**

Call 1800 657 961 or visit [www.abilityadvocacy.org.au](http://www.abilityadvocacy.org.au)

### **Disability Advocacy NSW**

Call 1300 365 085 or visit [www.da.org.au](http://www.da.org.au)

### **Family Advocacy**

Call 1800 620 588 or visit [www.family-advocacy.com](http://www.family-advocacy.com)

### **Intellectual Disability Rights Service NSW**

Call (02) 9265 6300 or visit [www.idrs.org.au](http://www.idrs.org.au)

### **Multicultural Disability Advocacy Association of NSW**

Call 1800 629 072 or visit [www.mdaa.org.au](http://www.mdaa.org.au)

### **People With Disabilities Australia Inc**

Call 1800 422 015 or visit [www.pwd.org.au](http://www.pwd.org.au)

### **Self Advocacy Sydney Inc**

Call (02) 9622 3005 or visit [www.sasinc.com.au](http://www.sasinc.com.au)

### **Side By Side Advocacy Inc**

Call (02) 9808 5500 or visit [www.sidebyside.org.au](http://www.sidebyside.org.au)

### **South West Sydney Tenants and Advocacy Service**

Call (02) 4628 1678 or visit [www.tenants.org.au](http://www.tenants.org.au)

### **Spinal Cord Injuries Australia**

Call 1800 819 775 or visit [www.scia.org.au](http://www.scia.org.au)

### **Indigenous Disability Advocacy Service**

Call (02) 4721 1536 or visit [www.srac.ngo/idas](http://www.srac.ngo/idas)

### **Synapse**

Call or 1800 673 074 visit [www.synapse.org.au](http://www.synapse.org.au)