

Self Advocacy

Self advocacy is what it sounds like – you advocate for yourself. It means you can speak up for yourself about what you want and need, and most importantly - your rights. There are great videos about self-advocacy [here](#) (4.21), [here](#) (22.35) and [here](#) (3.57).

How does self-advocacy work?

Self advocacy is about supporting you with the skills and knowledge to solve a problem yourself. If you want to advocate for yourself but are unsure how, you should contact a disability advocacy service. They can:

- Meet with you
- Listen to you so they understand the issues you are experiencing
- Talk to you about your rights
- Help you develop a plan of action to achieve the outcome you need.

You might meet with an advocate at their office, over the phone, or in a location that suits you.

You should tell your advocate if you have any access needs and they will make sure they can meet your needs. This might include where you meet, booking a language or Auslan interpreter or organising special equipment. The advocacy agency will pay any expenses related to this.

Your advocate should provide you with a client information pack that explains your rights, responsibilities as a client of the disability advocacy service and information about what to expect and how to make a complaint.

If information or the situation changes as you work on resolving your issues, you should contact your advocate for advice. Once you have achieved an outcome you are satisfied with, you should also contact your advocate so that they can close your case file.

Useful Resources:

To watch:

https://www.youtube.com/watch?v=wWH_fhOneeE

<https://www.youtube.com/watch?v=CdzipgdaRvE>

https://www.youtube.com/watch?time_continue=1&v=WmWO3E1kT4



To read:

<http://www.autismlaunchpad.org.au/advocacy/self-advocacy/>

<http://www.autismlaunchpad.org.au/start/choice/>

To work through:

ADACAS (ACT Disability & Aged Carer Advocacy Service). Support My Decision toolkit – easy read:

https://support-my-decision.org.au/mydecisionmakingtoolkit/#gf_1