



You Psychology Adelaide Pty Ltd

ATF T&K Watts Trust ABN: 53 448 619 729

3 Bennet Avenue, Melrose Park 5039

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You Have the Right to an Advocate

What is an Advocate

An **advocate** is someone who helps you:

- Speak up
- Make decisions
- Understand your rights
- Be safe and heard

What Can an Advocate Do

An advocate can:

- ✓ Help you speak in meetings
- ✓ Help you understand your NDIS plan
- ✓ Help you say “yes” or “no” to supports
- ✓ Help you make a complaint
- ✓ Stand up for your rights

Who Can Be an Advocate

An advocate can be:

- A family member
- A friend
- A legal guardian
- An independent support organisation

You Can Choose Your Advocate

You can:

- ✓ Choose your own advocate
- ✓ Change your advocate anytime
- ✓ Ask for help to find one

We will support you to get an advocate if you ask.



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Who Can You Call

Disability Advocacy Finder	disabilityadvocacyfinder.dss.gov.au	Online tool
PWDA (People With Disability Australia)	www.pwd.org.au	1800 422 015
AFDO	www.afdo.org.au	(03) 9662 3324
Uniting Communities (SA)	https://www.unitingcommunities.org	(08) 8202 5960


Your Rights


You have the right to:


- ✓ Be safe
- ✓ Be respected
- ✓ Speak up
- ✓ Get help to make decisions
- ✓ Ask for help if something is wrong


Need Help Finding an Advocate

We can help you contact an advocate.

 Call us: 0490 755 953

 Email: youspsychology@outlook.com

 Visit us: 3 Bennet Avenue, Melrose Park, SA, 5039

 Open: 9am-5pm Wed – Fri

Remember

You don't have to do it alone.

You can always ask for help.

You have the right to an advocate.