

# Do you need someone to speak up for you?

- ✎ An advocate is someone who can speak up for you if you are being treated unfairly or if you are not getting the help you need.
- ✎ An advocate will make sure that you are treated with respect.
- ✎ They may help you achieve your goals.
- ✎ If you wish, an advocate might also help you access community activities.
- ✎ This would be a freely given, hopefully long term, **one-to-one** relationship.



**CITIZEN ADVOCACY**  
is funded by the Australian  
Government through the  
Department of Social Services

## How does it work?



### Step 1

We find people with intellectual disability who need assistance.



### Step 2

We talk to you to learn what sort of person would be best to assist you.



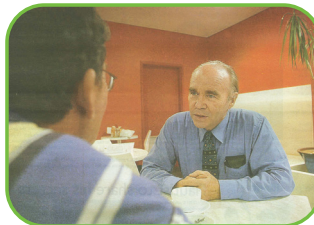
### Step 3

We find the right person to be your advocate and assist you.



### Step 4

We introduce you to your advocate / friend.



### Step 5

Together you and your advocate make your life better.

## YOU ARE IMPORTANT !



If you (or someone you know with intellectual disability) needs assistance with a problem, we may be able to find a citizen advocate to help.



**CITIZEN ADVOCACY**  
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## Citizen Advocacy

is dedicated to promoting  
**equality** and **justice**  
for people with intellectual disability.



Chris helped Jane to  
search and find Jane's  
long lost family.



John helped Michael  
find a home of his own.



Sue helped to make  
sure that Jen was not  
taken advantage of  
with money matters.



# Every individual has a place to fill in this world and is important...



Some examples of advocacy are:



Talking to people to protect your interest  
and welfare.



Making sure that your right to make choices  
and decisions is recognised, encouraged  
and developed.



Assisting with the development of your  
annual plans (including NDIS) to ensure your  
voice is heard.



Acting as your guide or mentor if you have  
any difficulties or challenges in your life.



Introducing you to new experiences, people  
and events in your community.

Each relationship is unique and special.

There is no cost to you because citizen advocates  
are not paid — they give their time freely.

All citizen advocates are carefully selected by  
the office coordinators. Citizen advocates offer  
ongoing support and information to a person with  
intellectual disability.

Please contact the office:

☎ 9445 9991

✉ [admin@capw.org.au](mailto:admin@capw.org.au)

and we will be happy to  
answer your questions or  
send you more information.



# one-to-one