



## Using an advocate

An advocate is someone who can support you to:

- make decisions for yourself
- make your voice heard
- stand up for your rights
- protect and promote your interests

An advocate can be a family member, friend or organisation.

People often use an advocate in a situation where they feel confused, overwhelmed, intimidated or under-confident. Sometimes people use advocates to speak on their behalf or support them to speak for themselves.

We encourage you to use an advocate when dealing with our organisation if you feel confused, overwhelmed, intimidated, under-confident or if you think an advocate would be useful. For example, you could use an advocate if you want to make a complaint or when you are assessed for services.

You can choose your own advocate or we can assist you (wherever possible) to find one. You can change your advocate, or stop using an advocate, at any time.

We will not share information with your advocate if we do not have your permission to do so. If you want us to share information with your advocate when you are not present you must give us written permission by completing a form. If you want to stop using your advocate or if you want to change your advocate please let us know so we can change the details on the advocate nomination form.

Organisations who can assist you with advocacy or provide you with an advocate are listed on back of this page

Organisations who can assist you with advocacy or provide you with an advocate:

**ADEC (Action on Disabilities in Ethnic Communities)**

**13 Munro St**

**Coburg 3058**

**Phone: 9383 5566**

**Toll Free: 1800 626 078**

*Supports people from a Non English Speaking Background with a disability and their carers. Can provide advocacy services.*

**Office of the Public Advocate**

**221 Drummond St**

**Carlton 3053**

**Phone: 9660 1444**

*The Office of the Public Advocate represents the interests of Victorians with a disability. The Office of the Public Advocate can provide individual advocacy.*