

# GETTING HELP FROM AN ADVOCATE



**Sunnyfield Disability Services**



**Easy English**

Registered  
NDIS  
provider



**Sunnyfield**  
disAbility Services



## Hard words

This book has some hard words.

The first time we write a hard word

- the word is in **blue**
- we write what the hard word means.

## You can get help with this book



You can get someone to help you

- read this book
- know what this book is about



- find more information.

## About this book



This book is about how to find an **advocate**.



An advocate is someone you trust who can help you to tell us what you

- want

and

- need.



An advocate can be a

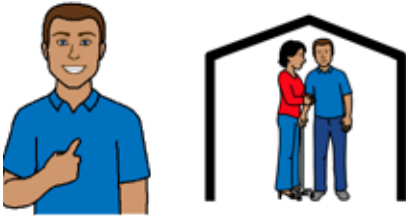
- friend

- family member



- volunteer.

An advocate can help you in many ways if you have a problem.



An advocate can help you know about your **rights** to services.

Rights are the things that everyone should be able to

- get
- have
- do.



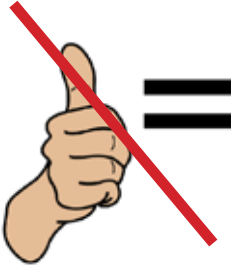
An advocate can help you

- make decisions
- say what you want



- understand information.

An advocate can help you get the service you need.



An advocate can help you if you experience **discrimination**.

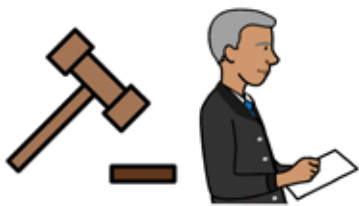
Discrimination is when one person does **not** treat another person fairly.



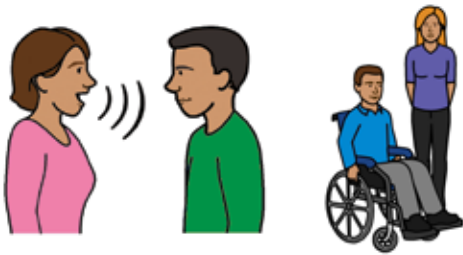
An advocate can help you to

- make a complaint about your service

or



- get legal advice.



## How to find an advocate

You can ask your support worker.



You can call our Allambie Heights support office 1300 588 688.



You can email us [feedback@sunnyfield.org.au](mailto:feedback@sunnyfield.org.au)



You can find a list of local advocates on these websites.

Disability Advocacy Finder

[www.disabilityadvocacyfinder.dss.gov.au](http://www.disabilityadvocacyfinder.dss.gov.au)

Disability Advocacy Network Australia or DANA

[www.dana.org.au](http://www.dana.org.au)



## How to call an advocacy service



Intellectual Disability Rights Services

Call 1300 665 908

Disability Advocacy NSW

Call 1300 365 085

People with Disabilities Australia

Call 1800 422 015

Multicultural Disability Advocacy Association

Call 1800 629 072

Indigenous Disability Advocacy Service

Call 1800 620 588

Side by Side Advocacy

Call 02 9808 5500

Self-Advocacy Sydney Inc

Call 02 9622 3005

ACT Disability Aged and Carer

Advocacy Services

Call 02 6242 5060

Advocacy for Inclusion ACT

Call 02 6257 4005





## More information

For more information contact Sunnyfield.



Call 1300 588 688



Email [enquiries@sunnyfield.org.au](mailto:enquiries@sunnyfield.org.au)



National Relay Service

TTY 133 677

Then ask for 1300 588 688

Speak and Listen 1300 555 727

Then ask for 1300 588 688

Internet relay users connect to the NRS

Then ask for 1300 588 688





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Scope's Communication and Inclusion Resource Centre

wrote the Easy English in November 2018. [www.scopeaust.org.au](http://www.scopeaust.org.au)

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