

What is Self Advocacy?

Self Advocacy is:

Speaking for yourself

Understanding your rights

Making real choices

Learning new skills

Working together to change things



Self Advocacy Sydney is an organisation run by and for people with an intellectual disability.

We help people who want to:

- Learn how to speak up for themselves.
- Understand their rights, responsibilities and consequences
- Find out where to go for help if they have a problem.
- Take part in meetings
- Take an active role within their community.

Why is Self Advocacy important?

- Most of our lives other people have made decisions for us
- We want to speak up for ourselves and to make our own choices
- By working together we can support each other to grow and learn
- We want the community to understand and value the abilities of people with an intellectual disability



What do we do?

- We provide individual support to help people to become self advocates
- We run individual or group training on the topics you want to learn about
- We support other services so that they can help their clients to become self advocates

Who can we support?

- People of all ages with intellectual disability, living in the Sydney metropolitan area. You may bring a family member, carer or support person if you want.
- All self advocacy support is free of any cost.



Speaking for ourselves since 1986

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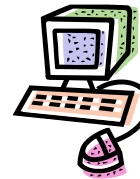
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6 National Standards for Disability Services

Rights; Participation & Inclusion; Individual Outcomes; Feedback & Complaints; Service Access; Service Management.

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People with intellectual disabilities - speaking for ourselves



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