

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 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 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.

Self Advocacy Sydney Inc.
Speaking for Ourselves



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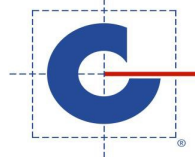
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JAS-ANZ



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6 National Standards of the Disability Services:

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

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People with Intellectual Disability
Speaking for ourselves since 1986.



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