

## What areas are covered by Individual Advocacy?

Individual Advocacy supports all people with disability who live in the Sydney metro area.

## We are here to support you.

Our advocates will **listen to you** about your problem and what you would like to do about it.

They will give you information and suggestions to help you solve the problem yourself.

**Please note that we do not provide legal advice.**

If SAS is unable to assist you, we will refer you to another organisation that can help.

Since 1986, Self Advocacy Sydney has been supporting people with intellectual disability become self advocates.



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*Self Advocacy Sydney Inc.*  
*Speaking for Ourselves*

## Individual Advocacy

Supporting and advocating for people with disability



**A free service for all people with disability**

## What is Individual Advocacy?

Individual Advocacy supports people with any type of disability.

An Individual Advocate can help you by:

- advocating on your behalf
- explaining your rights
- supporting you with your goals
- Providing information and advice so that the person with disability can advocate for themselves.
- Supporting the person with disability to be heard when having problems with a service, business, person or government department.



## What happens when you contact us?

1. an Individual Advocate will speak with you over the phone\*
2. an appointment will be made for you to come into our office
3. we will talk you through what supports and information are available for you

\*An interpreter can be organised if needed

**Our Individual Advocacy service is FREE**

## What can Individual Advocacy help with?

We can help if you:

- need help with information and advice
- cannot get a service you need
- are unhappy with a service
- need help speaking to a government department or service provider
- need to make a complain
- are experiencing abuse and/or discrimination

