

What is Advocacy?



Advocacy is speaking up for yourself or others if they cannot speak for themselves.

Advocacy is speaking up about something you think is important or you want to change.



Advocacy is often necessary to support people with disabilities access their human rights



Advocacy can provide a safeguard for people with disabilities who cannot speak up for themselves.

An advocate will



- Ask questions and find out about their rights and responsibilities



- Look for people, organisations and services that can provide useful information and support



- Be prepared and organised for meetings. This can include
 - keeping a diary to remember important dates
 - keeping a written record of promises made, decisions agreed, and actions taken.



- Know the person they are advocating for
- Represent the will and preference of the person they are advocating for.



- Continue to advocate, one step at a time, until they achieve their goal