



# Individual Advocacy

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## What is Individual Advocacy?

Individual Advocacy is one-on-one assistance for a person with disability to help solve problems and explore possibilities. It is free.

An Individual Advocate can help you take action if you think something is unfair or someone is treating you badly and you would like to change this.

Individual Advocacy can support you to make a good change in your life.

## What can Individual Advocacy help with?

We can help with all kinds of issues and problems. For example

- with housing and tenancy issues
- with education and work opportunities
- getting the medical care that you need
- accessing the NDIS, NDIS Plans and Plan Reviews

And many other things.

## How does an individual advocate help?

You will work with an advocate who will listen to you to find out what the problem is and what you want to do about it.

What happens next depends on what you need and want. The advocate can give you advice, information, and referrals so that you can speak up for yourself.

The advocate can also give information and advice to someone you know and trust, so they can speak up for you. This could be a family member, a friend, or someone else.

If you cannot solve the problem by yourself, the advocate can work with you to address your concern. There are lots of different ways this can happen.



## Who can access Individual Advocacy?

Individual Advocacy is available from Side By Side Advocacy if you have a disability and live in the Northern Suburbs of Sydney and in Parramatta and Cumberland LGAs. We specialise in advocacy for people with intellectual disability.

We will tell you if we cannot help you straight away or we know that another organisation may be able to help you in the way you need.

## Contact

You can contact Side By Side Advocacy if you or someone you know would like to access Individual Advocacy. We can also answer any questions about how we can help you.

You can call us on (02) 9808 5500

You can call 131 450 to speak to us in your language.



You can send us an email at [info@sidebysideadvocacy.org.au](mailto:info@sidebysideadvocacy.org.au)

You can visit us at Level 2, Suite 206, 34 Charles Street, Parramatta, NSW

Our advocates travel around Sydney, so it is best to make an appointment if you plan to visit us at our office. That way, you will know that an advocate will be there to speak to you.

If you want to find out more about Side By Side Advocacy, you can visit our website at [www.sidebysideadvocacy.org.au](http://www.sidebysideadvocacy.org.au)