

# Do you need an advocate?



## How can an advocate help you?

### What is an advocate?

An advocate is someone who:

- ✓ Stands up for your rights
- ✓ Is on your side

An advocate can:

- ✓ Support you to sort out a problem yourself
- ✓ Sort out a problem by doing things for you

### Advocates help people with disability sort out problems such as:

- ✓ Someone is abusing you
- ✓ Someone is illegally discriminating against you
- ✓ You are not receiving a good service
- ✓ You cannot get a service you need
- ✓ You are making a big change in your life

## How can you get an advocate?

Talk to a Northcott worker or call us toll free on 1800 818 286 or email us at [northcott@northcott.com.au](mailto:northcott@northcott.com.au)

You can also contact one of the services below:

**Commonwealth Carelink Centres -Toll Free: 1800 052 222**

**People with Disabilities Australia - Toll Free: 1800 422 015**

**Multicultural Disability Advocacy Association – Toll Free: 1800 629 072**

**Family Advocacy – Toll Free: 1800 620 588**

**Brain Injury Association of NSW – Toll Free: 1800 802 840**

**Indigenous Disability Advocacy Service (IDAS) – (02) 47 22 61 26**

**NSW Community Visitor (regarding accommodation in NSW) – (02) 9286 1000**

**ACT Official Visitor (regarding accommodation in ACT) – 1800 150 036**

**Disability Advocacy NSW – Toll Free: 1300 365 085**



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