

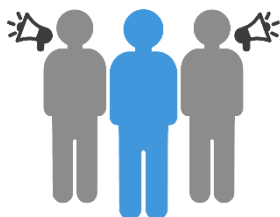
How to Access Advocacy Support

Easy English

What is this book about?



This booklet tells you know how about how an **advocacy service** can help you and how you can contact them.



Advocacy services are not part of Life Without Barriers or the Government. Their job is to:

- Help people with problems and complaints
- Speak for them if needed

You can get help with this fact sheet



You can get someone to help you:

- read this fact sheet
- know what this fact sheet is about
- find more information.



- A friend, family member or support person can help you.

Life Without Barriers will work with you to help you:



- Understand your rights



- Have the information and skills you need to make decisions and to share your ideas and feedback.

This will help us work with you to achieve your goals.



- Sometimes you might want help making decisions, reading legal letters and agreements or speaking up about things that worry you.



- This can be hard and confusing.



- You might want someone to help you understand information and make decisions.

Helping You Access Advocacy Support

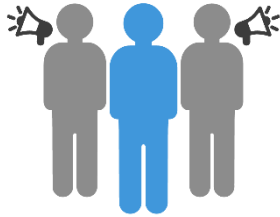


- Life Without Barriers believes that all people with a disability have the same rights as everyone else.
- We can help you to access advocacy services to protect these rights.

Life Without Barriers can help you to build your **self-advocacy** skills or to find an **independent advocate**.



Self Advocacy means you speaking for yourself and working out what you need to do and say instead of having somebody else do it for you.



An **independent advocate** is someone who helps you speak up and tell people what you want who doesn't also work for Life Without Barriers.

Advocacy Services can help you to:



- Make your own decisions.



- Feel comfortable and safe to make a complaint, if you're not happy about something.



- Help you to speak up and ask for better or new supports and services.



- Understand what is being said in letters or agreements.



- Understand what might happen if you don't follow what's said in the legal letters or agreements.

An independent advocate can help you discuss your needs with LWB.

They can help you with the following LWB forms:



- Service Agreement
- Accommodation Agreement
- Support plans

You can also search for an Advocate in your local area by:



- using the National Disability Advocacy Program Advocate Finder. The website is:





<https://disabilityadvocacyfinder.dss.gov.au/disability/ndap/>

or



- looking for an Advocate Service in your state – see the details on the next page.

Advocacy Services in your state

	<p>If you live in the Australian Capital Territory you can contact:</p> <ul style="list-style-type: none">• Disability Aged and Carer Advocacy Service Phone: 02 6242 5060
	<p>If you live in New South Wales you can contact:</p> <ul style="list-style-type: none">• Intellectual Disability Rights Service Phone: 02 9318 0144• Multicultural Disability Advocacy Association of NSW Phone: 02 6891 6400 or 1800 629 072
	<p>If you live in the Northern Territory you can contact:</p> <ul style="list-style-type: none">• Ombudsman for Northern Territory Phone: 08 8999 1818
	<p>If you live in Queensland you can contact:</p> <ul style="list-style-type: none">• Queensland Aged and Disability Advocacy Phone: 07 3637 6000

	<p>If you live in Victoria you can contact the</p> <ul style="list-style-type: none"> • Disability Advocacy Resource Unit (DARU) Phone: 03 9639 5807
	<p>If you live in South Australia you can contact:</p> <ul style="list-style-type: none"> • Citizen Advocacy South Australia Phone: 08 8410 6644 • Disability Advocacy and Complaints Service Phone: 08 8297 3500
	<p>If you live in Tasmania you can contact</p> <ul style="list-style-type: none"> • Speakout Phone: 03 6231 2344 • Advocacy Tasmania Phone: 1800 005 131
	<p>If you live in Western Australia you can contact</p> <ul style="list-style-type: none"> • Health and Disability Services Complaints Office (HaDSCO) Phone: 08 6551 7620 • Citizen Advocacy Perth West Phone: 08 9322 5999 • Ethnic Disability Advocacy Centre Phone: 08 9388 7455

You can use this box to write details about the advocacy service you wish to use or ask your LWB support staff to assist you.

Advocacy Service:

Address:

How I can contact them:

Phone:

Email:

Website:

Want to know more?



This fact sheet is based on information in the [NDIS LWB 929 Accessing Advocacy Support - Factsheet](#)

You can find more information at www.lwb.org.au
or call [1800 935 483](tel:1800935483) or email info@lwb.org.au.

This Easy English document was created by Life Without Barriers. We support and encourage the use of Easy English and accessible materials, so every person may have the opportunity to engage with and understand important information about our services.

This fact sheet was approved by Theo Gruschka on 28/08/2025.