A person holding a megaphone

Description automatically generated

Advocacy and the NDIS

# Children and Young People with Disability Australia

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| About this book | |
| A logo with text on it  Description automatically generated | This book is from Children and Young People with Disability Australia or CYDA. |
|  | This book has some hard words.  Hard words are in **bold**. |
| A person looking at a piece of paper  Description automatically generated | We tell you what hard words mean. |

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|  | This book is abouthow an **advocate** can help you with the NDIS. |
| A person and a child looking at a tablet  Description automatically generated | An **advocate** is someone who can help you speak up. |
|  | An advocate can help you speak up if your **rights** are not met. |

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|  | **Rights** are things that everyone should   * get |
|  | * have |
| A person smiling for a picture  Description automatically generated | * do. |
| A person standing in front of a chalkboard  Description automatically generated | For example, all young people should be able to go to school. |
| Two girls standing back to back with their arms crossed  Description automatically generated | An advocate can be   * a friend |
| A person standing next to a person in a wheelchair  Description automatically generated | * a family member |
| A person sitting at a desk with a computer  Description automatically generated | * a professional. |
| A person and person sitting and talking  Description automatically generated | An advocate should show you **respect**. |
| A person and person looking at each other  Description automatically generated | Respect means an advocate should   * listen to you |
| A person helping a child with a book  Description automatically generated | * be kind to you |
| A person pulling another person's hair  Description automatically generated | * not hurt you. |
| **A person in a wheelchair  Description automatically generated** | An advocate will understand the NDIS. |
|  | An advocate can   * help you speak up about what you need |
| **A person and a child with their hands up  Description automatically generated** | * speak to the NDIA for you. |
| A person and a child sitting in chairs  Description automatically generated | You do not have to tell your advocate information you do not want to. |

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| Advocacy types | |
| A person helping a child with a book  Description automatically generated | **Individual advocacy** is when an advocate works with you.  The advocate can help you solve problems. |
| A person holding a megaphone  Description automatically generated | **Self advocacy** is when you speak up for what you want and need. |
| A person standing next to a person in a wheelchair  Description automatically generated | **Family advocacy** is when a family member helps you speak up for what you want and need. |
| **A person in a suit holding a newspaper and a cell phone  Description automatically generated** | **Legal advocacy** is when a lawyer helps you speak up for what you want and need. |

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| How an advocate can help | |
| A person and person talking to each other  Description automatically generated | An advocate can help you **appeal** what the NDIA decides. |
|  | Appeal means you |
| A blue and white circle with a letter i  Description automatically generated | * give the NDIA more information |
|  | * ask the NDIA to change your plan. |
|  | An advocate can also help you get ready for a **plan review**. |
|  | A **plan review** is when the NDIA looks at your disability supports. |

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| **A close-up of a hand giving a thumbs up  Description automatically generated** | The NDIA might say you can have   * more support |
|  | * the same support |
|  | * less support |

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| How to get an advocate | |
|  | You can contact some organisations to get  an advocate. |
| A logo with a dog in the middle  Description automatically generated | For example, you can contact   * Disability Advocacy Network Australia |
| A purple and yellow logo  Description automatically generated | * Disability Advocacy Resource Unit  or DARU |
| **A person in a striped shirt holding a book and looking at a board with question marks  Description automatically generated** | You will need to tell the organisation about the problem you need help with. |

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| More information | |
| A logo with text on it  Description automatically generated | For more information you can  contact CYDA. |
| **A person talking on a cell phone  Description automatically generated** | Call 03 9417 1025 |
| **A computer with a blue screen  Description automatically generated** | Website cyda.org.au |
|  | Email [info@cyda.org.au](mailto:info@cyda.org.au) |
| **A blue and white logo  Description automatically generated** | You can contact Lifeline if you are feeling upset and need someone to talk to. |
| **A person talking on a cell phone  Description automatically generated** | Call 13 11 14 |
|  | Text 0477 13 11 14 |

You can read the full document ‘Navigating Advocacy’ on our website. CYDA’s In Control My Way resources have been created to support families of children and young people with disability to help manage their NDIS plans. Information provided is intended as a general guide and may not contain the most recent information and updates. CYDA is not responsible for decisions made by the NDIA or its partners in the community. For the most current information on the NDIS, refer to the NDIS website. These fact sheets are current as of June 2023.

Pictures by Photosymbols.