

Advocacy and Support to Speak Up

This document is about getting support to speak up. It is written in Easy Read.



You can have support

You do not have to do things on your own.

You can have a support person with you.

This can be a family member, a carer, a friend, or a trusted person.



What is an advocate?

An advocate is a person who helps you speak up.

An advocate is independent.

This means they do not work for us.

They are on your side.

They help you understand your rights.

They help you say what you want.



When can I use an advocate?

You can use an advocate at any time.

You do not need to ask us first.

You can bring them to appointments.

You can bring them to meetings.



An advocate can help you

An advocate can help you make choices, ask questions, understand information, make a complaint, and feel safe and heard.



We will never stop you

We will never stop you from having an advocate.
We will never treat you differently for having one.



Do you need help to find an advocate?

We can help you find an advocate.
Just ask us.



Who can I talk to?

Hunter Speech Pathology

The Colonial Centre, Units 9-10 / 420 High Street,
Maitland NSW

Practice Director: Nikki Stambolie

Phone: (02) 40 867 211

Email: nikki.stambolie@hunterspeechpathology.com



More help

You can call the NDIS Quality and Safeguards Commission
on 1800 035 544.