



What is Citizen Advocacy?

Citizen Advocacy is when one person helps another person speak up, be safe, and be included in the community. It is a one-to-one relationship between a person with an intellectual disability and a citizen advocate (a volunteer).



What does a Citizen Advocate do?

- Spend time together and build a real friendship.
- Speak up when something is wrong or unfair.
- Help the person make choices or understand their rights.
- Stand beside them when dealing with services, schools, or the law.
- Make sure the person is not forgotten or ignored.



Why is it important?

Some people with disabilities do not have family or friends who can speak up for them. Services and systems do not always work well or protect people's rights. Citizen Advocacy ensures no one is left out, left behind, or left unheard.



What makes it different?

- It is free and voluntary – the advocate is not paid.
- It is personal and long-term – it focuses on genuine connection, not just services.
- It is independent – the advocate supports only the person they are paired with.

Contact us

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