



What is Citizen advocacy?



What is a citizen advocate?



A citizen advocate is a person from the community who volunteers their time to advocate for a disabled person.



Citizen advocates support people who find it hard to speak up for their own rights, views and wishes.



Your relationship with a citizen advocate can be long-term. It can run for as long as you and your advocate want it to.

Why is citizen advocacy important?



Everyone should have the right to be listened to, have choices and be in control of their life.



Getting support from a person who knows what you like and what you want for your life helps to widen your circle of support.



An advocate can stand by you, and stand up for you, when important decisions are being made about your care, treatment and the way you live your life.

How can a citizen advocate help?



Support you to think about how you want to live a good life.



Help you make difficult choices



Get information for you so you can make important choices



Understand your rights and make sure they're respected



Make a complaint if you're not happy about your care or services you receive