

Your Self-Advocacy Support Network



Speak Up and Be Heard

Across Australia, there are many organisations that support people with disability to build confidence and self-advocate. Explore who they are and how they can assist you.

Inclusion Australia

Inclusion Australia is the national peak body for intellectual disability and has easy-read information on self-advocacy topics such as inclusive employment, engaging with health services and supported decision-making.

Voices Together

Voices Together calls itself Australia's self-advocacy website. All information is in easy read and includes links to self-advocacy groups for each state.

South Australian Council on Intellectual Disability (SACID)

SACID has self-advocacy resources on topics including sex and relationships and online friendships, among others. It runs free workshops for family members and carers on future-proofing and relationships and has a podcast called *Leading through Inclusion*.

Speak Out Tasmania

Speak Out provides decision-making support for Tasmanians who need help accessing the NDIS or with NDIS planning. It coordinates self-advocacy groups that meet monthly in Hobart and hosts an annual conference and a podcast called *Courageous Conversations*.

Self Advocacy Resource Unit (SARU)

SARU is run by and for people with intellectual disability, acquired brain injury and complex communication support needs to assist Victorian self-advocacy groups. It offers a wide range of resources.



Advocacy for Disability Access and Inclusion

This organisation has provided independent advocacy services to South Australians with disability, their families and carers for more than 30 years. Its resources include a self-advocacy toolkit and videos.

Reinforce Self-Advocacy

Reinforce hosts an annual Self-Advocacy Matters conference in Melbourne. Its website is mostly in easy read, including training on how to be a strong self-advocate, staff training for support workers and links to books and DVDs featuring self-advocates sharing their stories.

Developmental Disability WA (DDWA)

DDWA runs events and workshops to support people with developmental and intellectual disability on topics such as approaching adulthood, guardianship, wills and estate planning. Its website features handy easy-read resources on your rights, speaking up for yourself and supported decision-making.

Disability Gateway

Disability Gateway is a federal government website that connects people with disability, their families and carers to self-advocacy videos about their rights. This includes key resources about NDIS appeals as well as links to NDIS supports.

WA Individualised Services (WAiS)

Although WAiS no longer exists, it still has a live website with links to comprehensive self-advocacy resources.

MY LIVED iD

My Lived iD is a hub for people with intellectual disability created by the Centre for Developmental Disability Health (CDDH). It includes links on how to find an advocate through a disability advocacy finder, how to make a complaint and more.

People With Disability Australia (PWDA)

PWDA is Australia's peak rights and advocacy organisation for people with disability. Its Creating Access project has links to self-advocacy resources in easy read covering topics that include speaking up for social change.

Disability Advocacy Pathways

Disability Advocacy Pathways is an information and referral service that assists Queenslanders with disability to find advocacy services to suit their needs and location. Its website links to self-advocacy resources from respected organisations.

Aged and Disability Advocacy Australia (ADA Australia)

ADA Australia is an independent not-for-profit, community-based advocacy and education service based in Brisbane. Its website links to guides detailing how to advocate for yourself by solving everyday issues.

Self-Advocacy Sydney

Self-Advocacy Sydney is run by people with intellectual disability and provides support to encourage its community to become self-advocates.

Youth Disability Advocacy Network

This organisation runs a program called SPARK (Strengthening Personal Advocacy, Resilience and Knowledge). It is the only self-advocacy upskilling program designed specifically for people with disability in Western Australia who are aged between 12 and 25. SPARK includes in-person and online workshops.

Finding North Network

Finding North Network is a peer-led online social platform for people with lived experience of mental health challenges. It provides a free, facilitated Rights and Self-Advocacy Training Program.



Victorian Advocacy League for Individuals with Disability (VALID)

VALID is the Victorian peak advocacy organisation for adults with intellectual disability. Its self-advocacy team is made up of people with intellectual disability who work with their peers to become stronger self-advocates.

Disability Advocacy Network Australia (DANA)

DANA is the national representative body for a network of independent disability advocacy organisations in each Australian state. Its website outlines what advocacy is, how to find an individual advocate and different types of advocacy, with links to relevant YouTube videos.

Advocacy for Inclusion

This Canberra-based organisation delivers a self-advocacy kit with information on how to self-advocate and details about human rights.



Council for Intellectual Disability (CID)

CID is a disability rights organisation led by people with intellectual disability. Its website features resources about disability institutions, voices of change with self-advocates, information on guardianship and how to self-advocate in the health system.

National Disability Advocacy Program (NDAP)

NDAP is for people with disability who are facing complex challenges. Its website has links to advocacy-related resources across all states, including how to find a disability advocate.

Speaking Up for You (SUFY)

SUFY is based in Brisbane and advocates for people with disability who are being hurt, treated badly or feel unheard. Its website provides general self-advocacy resources, particularly for those in the Greater Brisbane and Moreton Bay areas.



Youth Disability Advocacy Service (YDAS)

YDAS is the only advocacy organisation in Victoria dedicated to supporting people with disability aged 12 to 25 to achieve their human rights. Its website explains what self-advocacy is and why it is important.

Settlement Services International (SSI)

SSI provides a factsheet with information on self-advocacy and disability from a CALD and multicultural perspective.

Down Syndrome Australia

Down Syndrome Australia has a national self-advocate network that aims to build leadership and self-advocacy skills through health and employment ambassadors.

Deafblind Australia

Deafblind Australia's website links to YouTube videos, audio and transcripts about how to self-advocate in an accessible way. It also contains links to helpful resources outside of the organisation.

Parent To Parent (P2P)

P2P is the Queensland agency for Inclusion Australia, supporting people through peer support, self-advocacy, skills building, information sharing, referrals and plan management. P2P provides one-on-one skill-building sessions and workshops for people with disability and their families and carers.