



# Advocacy Services

While you are your child's best advocate, there may be times when you require additional support when advocating for them. In this resource, we cover free Self Advocacy and Individual Advocacy services available.

## Disability Advocacy Services

### People with Disability Australia (PWDA), National



SELF ADVOCACY



INDIVIDUAL ADVOCACY



EDUCATION



NDIS



DISABILITY RIGHTS / DISCRIMINATION

Australia's national peak disability rights and advocacy organisation by and for people with disability. Some services are provided nationally, others for residents in New South Wales, and selected locations in Queensland. Individual advocates are trained to support or work on your behalf by going to meetings with or for you, writing letters, making phone calls or supporting you to lodge complaints. PWDA also provides [information and referrals](#) to help you solve problems yourself and support your advocacy.

[Find out more](#)

### Australian Centre For Disability Law (ACDL), NSW



SELF ADVOCACY



INDIVIDUAL ADVOCACY



EDUCATION



DISABILITY RIGHTS / DISCRIMINATION

A community legal centre specialising in the legal rights of people who are discriminated against because of their disability. They offer training through '[Learning Together](#)' a self-advocacy project to support children with disability and their families to understand their rights and make it easier for students to stay in mainstream education. ACDL also offers free disability discrimination [legal advice and referrals](#) through their phone line, as well as taking on selected casework and representation in some circumstances.

[Find out more](#)

### Self Advocacy Sydney, NSW



SELF ADVOCACY



INDIVIDUAL ADVOCACY



NDIS



DISABILITY RIGHTS / DISCRIMINATION

Run by and for people with disability. Helping people to become their own [Self Advocates](#) by providing one-on-one support, running information sessions and helping people to understand their rights, make their own decisions and learn to speak up for themselves. They also offer [Individual Advocacy](#), advocating on your behalf and supporting a person with disability to be heard when having problems with a service, business, person or government department, including the NDIS.

[Find out more](#)

### Legal Aid, NSW



INDIVIDUAL ADVOCACY



EDUCATION



NDIS



HEALTH



DISABILITY RIGHTS / DISCRIMINATION

State-wide independent government agency that provides information to anyone with a legal problem in New South Wales through their information and referral service, LawAccess NSW. Their lawyers also provide legal advice and representation at court to people who are eligible. Eligibility depends on the kind of legal issue you have, and your circumstances but includes where you are having trouble with a fundamental need like housing, income support or access to health and disability supports.

[Find out more](#)

## Self Advocacy



Is the act of speaking up for yourself or a loved one. Many organisations provide support and training to build and strengthen your advocacy skills.



Is when a professional advocate supports you with a problem. They may help you understand your rights, explore your options, support you to attend meetings or make complaints.

# Advocacy Services

## Disability Advocacy Services Continued

### Family Advocacy, NSW



SELF  
ADVOCACY



EDUCATION



NDIS

An independent, impartial advocacy organisation that supports families across New South Wales to promote and defend the rights and interests of people with developmental disability. Building their capacity to advocate for their family member with disability.

[Find out more](#)

### Down Syndrom Australia (DSA), National



SELF  
ADVOCACY



INDIVIDUAL  
ADVOCACY



DISABILITY  
RIGHTS /  
DISCRIMINATION

Advocacy is the primary focus of DSA providing Self-advocacy through the Down Syndrome Advisory Network and Supported (Individual) Advocacy for a person with Down syndrome and/or the person who cares for them.

[Find out more](#)

### Action for People with Disability, NSW



INDIVIDUAL  
ADVOCACY



EDUCATION



NDIS



HEALTH



DISABILITY  
RIGHTS /  
DISCRIMINATION

A non-profit organisation that provides Individual Advocacy and support for people with disability, and their families in the Northern region of Sydney across a broad range of issues.

[Find out more](#)

### Disability Advocacy (DA), NSW



INDIVIDUAL  
ADVOCACY



EDUCATION



NDIS



HEALTH



DISABILITY  
RIGHTS /  
DISCRIMINATION

Free Individual Advocacy services supporting people with disability across two-thirds of NSW. Providing help across a range of issues from Government services like the NDIS, disability services, education, transport and healthcare.

[Find out more](#)

### Side By Side Advocacy, NSW



INDIVIDUAL  
ADVOCACY



EDUCATION



NDIS



HEALTH



DISABILITY  
RIGHTS /  
DISCRIMINATION

Specialising in supporting people with intellectual disability, but also providing support to all people with disability in the northern suburbs of Greater Sydney. Their advocacy service is tailored to the needs of the person seeking assistance.

[Find out more](#)

### Intellectual Disability Rights Service (IDRS), NSW



SELF  
ADVOCACY



NDIS



DISABILITY  
RIGHTS /  
DISCRIMINATION

A free service for people with intellectual or other cognitive impairment in New South Wales to promote and protect their rights. Through the Ability Rights Centre (ARC), a community legal centre and disability advocacy service, they provide Individual Advocacy and legal help with NDIS appeals, support for parents with disability and rights education.

[Find out more](#)



Kindred

# Advocacy Services

## Regional Advocacy Services

### Regional Disability Advocacy Service (RDAS), NSW + VIC



SELF  
ADVOCACY



INDIVIDUAL  
ADVOCACY



NDIS



DISABILITY  
RIGHTS /  
DISCRIMINATION

Individual advocacy across North East Victoria, Southern NSW including Riverina and Murray. Advocates can provide information and referrals, talk over a problem, make sure your rights are protected, help to make complaints, write letters and speak up on your behalf. RDAS also provides training, helping you to speak up for yourself, be assertive and develop your self-confidence.

[Find out more](#)

### Rights Information and Advocacy Centre Inc (RIAC), NSW + VIC



SELF  
ADVOCACY



INDIVIDUAL  
ADVOCACY



NDIS



DISABILITY  
RIGHTS /  
DISCRIMINATION

A not-for-profit organisation that builds the capacity of individuals with disability, and their families throughout Regional Victoria and Southern New South Wales. RIAC provides Individual Advocacy, with one-on-one support by an advocate to ensure your voice is heard, assisting you in resolving problems, writing letters and providing information and referrals. They can also support you in advocating for yourself.

[Find out more](#)

### Newell Advocacy, Regional NSW



INDIVIDUAL  
ADVOCACY



NDIS



DISABILITY  
RIGHTS /  
DISCRIMINATION

An independent advocacy service that covers an area of 160,000 square kilometres across North Eastern NSW. They provide direct advocacy support to individuals with a disability, families, carers and groups.

[Find out more](#)

## Health Advocacy

### Australian Patients Association (APA), National



SELF  
ADVOCACY



HEALTH

The APA is the voice of and for Australian patients acting as a signpost organisation that assists patients with direction and advice to best navigate the Australian Health Care system.

[Find out more](#)

### REACH: Patient & Family Activated Escalation, National



SELF  
ADVOCACY



HEALTH

REACH is a system to raise concerns if you notice a worrying change in the condition of a loved one when admitted to a Hospital or Rural Multipurpose Health Service. If, after speaking with your nurse or doctor, you remain worried, REACH provides you with options to escalate your concerns.

[Find out more](#)



Kindred

# Advocacy Services

## Indigenous and Ethnically Diverse Advocacy Services

### Multicultural Disability Advocacy Association (MDAA), NSW



INDIVIDUAL  
ADVOCACY



EDUCATION



NDIS



HEALTH

The peak body for all people in NSW with disability and their families and carers, from a culturally and linguistically diverse / non-English Speaking background. Advocates will 'stand beside' you, providing you with information to support you in making a complaint, attending a meeting or referring you to another service.

[Find out more](#)

### Indigenous Disability Advocacy Service (IDAS), NSW



INDIVIDUAL  
ADVOCACY



DISABILITY  
RIGHTS /  
DISCRIMINATION

Works with Indigenous people living with a disability and their carers and families, to ensure they achieve and maintain their rights. IDAS aims to prevent abuse, discrimination or negligent treatment, promote the human rights of Indigenous people with disability and support them to make informed choices through their Individual Advocacy service.

[Find out more](#)

## Advocacy Services in Other States

### Association for Children with Disability (ACD), VIC



SELF  
ADVOCACY



INDIVIDUAL  
ADVOCACY



EDUCATION



NDIS



HEALTH

ACD is the Victorian advocacy service for children with disability and their families. Providing support through their Individual Advocacy Service and empowering families with Self-Advocacy programs.

[Find out more](#)

### Queensland Advocacy for Inclusion (QAI), QLD



SELF  
ADVOCACY



INDIVIDUAL  
ADVOCACY



NDIS



DISABILITY  
RIGHTS /  
DISCRIMINATION

Independent not-for-profit advocacy organisation and accredited community legal centre. They provide Individual Advocacy support as well as the [Disability Advocacy Pathways](#) service that assists Queenslanders with disability, their family and carers to find advocacy services to suit their needs and location.

[Find out more](#)

### Advocacy for Inclusion (AFI), ACT



SELF  
ADVOCACY



INDIVIDUAL  
ADVOCACY



NDIS



DISABILITY  
RIGHTS /  
DISCRIMINATION

Independent not-for-profit advocating for all people with disability in ACT. Providing Individual Advocacy to speak for you and represent your views when you feel unable to. AFI also helps to build your capacity for Self Advocacy.

[Find out more](#)

---

*The services shared are mainly NSW-based. Please visit [Disability Advocacy Network Australia](#) to find services in your area.*



Kindred