

Advocacy and the NDIS: A Guide for South Australians



Overview

- ✓ What advocacy is and why it's important in the NDIS
- 🗣️ How to advocate for yourself effectively
- 👨👩👧👦 How families can support loved ones through advocacy
- 🏛️ What formal advocacy looks like in real situations
- 📍 Where to find disability advocacy services in South Australia

Understanding Advocacy

Advocacy is about standing up for the rights and interests of people with disabilities. It ensures individuals are treated fairly, their voices are heard, and their needs are met. Within the NDIS, advocacy can help participants understand the system, navigate supports, and resolve issues.



Did You Know?

You have the right to an independent advocate at any stage of your NDIS journey. Advocates can support you during planning meetings, help resolve disputes, and ensure your voice is heard – all at no cost to you



Self-Advocacy: Empowering Yourself

Self-advocacy means speaking up for yourself and making informed choices. This might look like:

- Attending NDIS planning meetings and clearly stating your goals.
- Asking for a plan review if your current supports aren't working.
- Requesting changes to services or supports that aren't meeting your needs.
- Speaking up in school, work, or community settings to request reasonable adjustments.

Family Advocacy: Supporting Loved Ones

Families can play a key advocacy role:

- Supporting a loved one to prepare for meetings and understand their choices.
- Attending appointments and communicating needs on their behalf.
- Keeping records and helping resolve concerns or complaints.
- Encouraging and empowering their loved one to speak up when possible.

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Formal Advocacy: Professional Support

Advocacy organisations offer independent support for individuals needing help with:

- Understanding their rights. - Making complaints.
- Navigating complex situations.
- Communicating with the NDIS or service providers.

Examples of advocacy in action include:

- An advocate attending an NDIS review meeting.
- Helping someone lodge a complaint.
- Writing letters or emails to service providers to help resolve misunderstandings.
- Supporting someone with communication needs to express their goals and preferences.

Advocacy is often quiet, behind-the-scenes work – but its impact is powerful. It helps make sure that people with disabilities are not just heard, but respected, included, and empowered to live the life they choose

Advocacy Services in South Australia:

- **DACSSA** (Disability Advocacy & Complaints Service of SA)

Ph: (08) 7122 6030 | www.dacssa.org.au

- **Independent Advocacy SA**

Ph: (08) 8232 6200 | Free Call: 1800 999 884

- **Advocacy for Disability Access and Inclusion Inc. (ADAI)**

Ph: (08) 8340 4450 | Free Call: 1800 856 464

- **Citizen Advocacy SA**

Ph: (08) 8410 6644 | Email:

office.citizenadvocacy@gmail.com

- **Uniting Communities Disability Advocacy Service**

Ph: (08) 8202 5960 | Free Call: 1300 886 220



Quick Fact:

The NDIS will accept input from an independent advocate during your plan meetings – especially if you have complex needs or communication challenges. You don't have to navigate it alone.

Need More Help?

Visit the NDIS Quality and Safeguards Commission at www.ndiscommission.gov.au or contact a local advocacy service for support

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