

Blu Sky Care

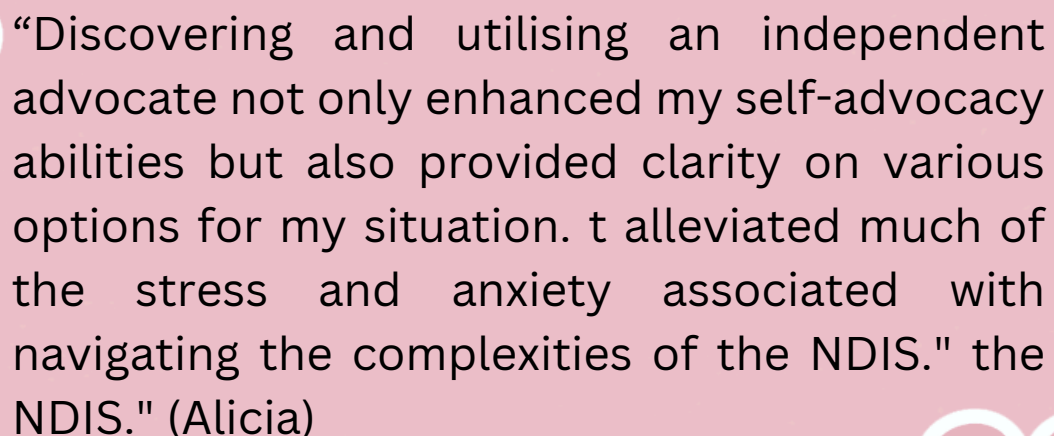


# Engaging Advocacy



[www.bluskycare.com.au](http://www.bluskycare.com.au)





“Discovering and utilising an independent advocate not only enhanced my self-advocacy abilities but also provided clarity on various options for my situation. It alleviated much of the stress and anxiety associated with navigating the complexities of the NDIS.” the NDIS.” (Alicia)

Advocates are here to offer support and guidance as you navigate life's decisions.

They possess extensive knowledge about the NDIS, enabling them to communicate with the NDIA on your behalf or assist you in advocating for yourself.

Whether they're trusted friends, family members, or members of individual advocacy organizations, advocates play a crucial role in ensuring your needs are heard and addressed effectively.

## What are the most common types of advocacy?

- **individual advocacy**
- **self advocacy**
- **family advocacy**
- **legal advocacy**

**Individual advocacy** involves a person with a disability collaborating closely with an advocate on a one-on-one basis. Advocates provide personalized support, assisting individuals in finding solutions to their challenges. They have the capability to communicate with the NDIA on your behalf and empower you to advocate for yourself effectively.

**Self advocacy** involves asserting yourself, expressing your experiences, and articulating your needs and desires. You hold the reins when it comes to making choices and decisions. As the authority on your own lived experiences, it's crucial that your decisions are not only respected but also comprehended.

**Family advocacy** entails a family member serving as a representative for a person with a disability. Their role is to advocate for the individual's ability to lead a fulfilling life and to ensure their equal participation within the community. Effective family advocacy hinges on the family member's deep understanding of the individual with a disability, enabling them to effectively communicate their desires and requirements.

**Legal advocacy** involves a skilled lawyer providing legal counsel to individuals with disabilities. The lawyer or advocate offers support and guidance to navigate the complexities of the legal system, ensuring a clear understanding of legal rights and safeguarding against discrimination, abuse, or neglect.

## What to look for in an advocate:

- they are able to communicate clearly
- they have a good understanding of the NDIS system
- they guard your privacy
- they have empathy & respect your preferences
- they help identify solutions and are resourceful
- they are trustworthy and reliable
- they are sensitive to your cultural identity and adapt accordingly

## Questions to ask your advocate:

- How can I make the NDIA understand my wants and needs?
- The NDIA made a decision I don't agree with, can I appeal their decision?
- How will you support me to advocate for myself to the NDIA?
- What evidence do I need to provide to the NDIA?
- What are the steps to review and appeal a decision from the NDIA?

## Setting goals with you advocate:

- appeal a decision the NDIA have made
- make sure your NDIS plan supports your wants and needs
- gather evidence needed for an upcoming plan review
- submit evidence to the NDIA.

Breaking down larger objectives into smaller, manageable goals can pave the way for accomplishing overarching aims. Your advocate is there to collaborate with you in reaching these milestones.

## Setting boundaries:

- I'm very uneasy talking about this, please stop.
- I have a right to my own opinion, please respect that
- I don't want to problem-solve right now, I want to be understood.
- Only contact me at this time through this communication method.

Developing connections requires patience and effort. It's crucial to establish boundaries and prioritise self-care, especially when discussing sensitive or triggering topics.

Should you feel overwhelmed, engaging in self-care activities is beneficial. This may involve indulging in enjoyable pastimes such as playing video games, spending time outdoors for a breath of fresh air, conversing with loved ones, immersing oneself in reading or listening to music, and setting aside time for relaxation.

## Where to find an advocate

A List of Australian disability advocacy organisations can be found at AFDO Australian disability advocacy organisations.

<https://www.afdo.org.au/>

**This is your life** and your NDIS plan should reflect your choices and needs as a person with a disability. It's essential that you feel empowered, respected, and supported throughout the entire process.



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## Talk to us at Blu Sky Care

If you are still unclear, we're here to answer any questions you might have. The more you share with us, the better we can support you through this process so don't hesitate to call us today at 08 8463 1333.



## Registered NDIS Provider

Disclaimer: Blu Sky Care resources have been created to support people with disability and their carers to help manage their NDIS plans. Information provided is intended as a general guide and may not contain the most recent information and updates. Blu Sky Care is not responsible for decisions made by the NDIA or its partners in the community. For the most current information on the NDIS, refer to the NDIS website. These fact sheets are current as of May 2024. View the full set of resources at: [www.bluskycare.com.au](http://www.bluskycare.com.au)