Self advocacy resources for Australia

About Easy Read

Easier words with pictures to help explain some ideas.

Self-advocacy and speaking up resources

> Three people with different disabilities sit on the ground talking.
>
> **Self-advocacy** means speaking up for your rights.
>
> People with intellectual disability can be self-advocates.
>
> The Voices Together website has information about self-advocacy.
>
> It has lots of resources you can read or watch.
>
> Resources are things like videos, posters and guides.
>
> They say how to stand up for your rights.

Self advocacy means speaking up for your rights. People with disability can be self advocates.

The Voices Together website has self advocacy resources. Resources are things like videos, posters and books.

The website says how to stand up for:

- disability rights
- First Nations rights

- LGBTQIA+ rights
- other rights that matter to our community.

The website has stories, facts and guides.

Working with other people with disability can make you stronger!

We trust this resource

We trust this resource because it is:

- Made to help, not for profit
- Made by people who know a lot about the topic
- Made in Australia

We've checked this resource, and you can follow our guide to know if health information is true and right for you.

This resource was made by

Self Advocacy Resource Unit

The Self Advocacy

Advocacy is having your voice heard so your rights and needs are met.

An **advocate** is a person who speaks up to get you the support you need.

Resource Unit (SARU) supports Victorian self advocacy groups that are run by and for people with an intellectual disability, acquired brain injury, and complex

Complex means something can be harder to understand because there is a lot to think about.

communication support needs.

- Visit