

Disability Advocacy



Disability

Disability is when someone has an impairment and faces barriers to fully take part in daily activities. There are lots of types of disability including:

- physical disability
- intellectual disability
- psychosocial disability
- sensory disability.

People can be born with disability or acquire a disability at some point in their life. Disability can be short-term or permanent.



Disability advocates

Disability advocates may advocate for themselves, another person, or a group of people with disability.

They work through issues that have an adverse effect on rights for an individual or group. Advocates may be paid or voluntary.

*“Advocates can help you to understand **all** of your options, so that you can make an **informed decision.**”*

- Leanne



Types of disability advocacy

There are lots of different types of disability advocacy. Some of them are listed below.

- **Self-advocacy** – is when someone with disability speaks up and represents themselves.
- **Individual advocacy** – a one-on-one approach by a worker, relative, friend or volunteer, to help someone with a disability.
- **Group advocacy** – advocating for a group of people with disability.
- **Systemic advocacy** – involves working for long-term social change to ensure the collective rights and interests of people with disability are supported in legislation, policies and practices.
- **Legal advocacy** – when a lawyer provides representation or gives legal advice to people with disability about their rights.

What disability advocates do

Disability advocacy may include things like:

- Providing information to people with disability about their rights.
- Assisting people with disability to stand up for their rights by speaking with and writing to people and organisations to raise awareness of problems and seek solutions.
- Helping people with disability make complaints or engage in legal action.
- Writing submissions and lobbying government to make changes to laws, policies and programs.

Advocacy support

If you need support to learn about or advocate for your rights, you can ask an advocate to help.

You can find an advocate at the Australian Government **website**:

[Disability Advocacy Finder](#)

