

## **How We Help**

### **Plain English Social Advocacy Policy**

### **How We Help**

Independent Advocacy SA Inc. tries to help people with intellectual disability to get a fair go and have a good life. A "good life" means a life where a person with a disability has choices and chances to live their life just like the rest of society.

We do this by speaking up for people and this is called advocacy. Advocacy helps people who need it the most. The person who helps is called an advocate.

Independent Advocacy knows that every person is different and we support that. We believe that everyone is valuable and good at something, and we say this in our advocacy.

For advocacy to be strong and really helpful, we think it needs to be done in a certain way. Good advocacy thinks about the problems and issues that hurt people with disability and the best ways to help them have a good life.

Good advocacy:

- puts the person first
- knows the person well
- speaks up to get a fair go and a good life
- keeps going even when its hard

### **What Advocates Do**

Advocates get to know the person and what they need to get a fair go and a good life. It takes time to get to know someone and that is why an advocate is usually around for a long time. This helps the advocate do the very best advocacy for the person.

Advocates help the person to work out what is most important and which things to do first. Sometimes this means talking to others and spending time thinking and planning about the best ways to help.

Advocates stand up for the person by doing things like writing letters, talking on the telephone and going to meetings. Advocates help by being strong and keeping on asking for what the person needs. Advocates talk with those who care about the person to help get a fair go and a good life.

Advocates think about what they do to make sure it is good advocacy. They talk about how advocacy is going so other advocates and the Coordinator can help with ideas. These talks help to make sure that the advocate is doing the best advocacy possible.

An advocate is **not** a support worker or carer. It is not an advocate's job to do the things that support workers or carers do like driving people to appointments, going shopping and doing activities.

If it is **very** important sometimes we might do something that is not advocacy but we will not keep doing it. Advocates must follow some rules before they do work that is not advocacy. These rules are written down.

Signed..........  
Chairperson <sup>For</sup> Emily Gore

Reviewed 17/5/16

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Other helpful Plain English Documents:

- *Our Purpose – Plain English Statement of Intent*
- *Who We Help – Plain English Entry, Referral and Exit Policy*
- *Keeping Your Information Private – Plain English Privacy and Confidentiality Policy*