

## Who can have an advocate?

- You can have an advocate from MEDA if you live in the local community of Boroondara, Whitehorse, Manningham, Monash or Maroondah.
- If you have intellectual disability.
- If you need to feel heard or to be a part of a decision.



Phone: 9877 7990

Melbourne East Disability Advocacy promotes and defends the rights of people who have an intellectual disability.

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## NDIS & Advocacy – Your Rights Consumer Pamphlet



Call: 9877 7990



Send an email to: [office@meda.org.au](mailto:office@meda.org.au)



Come and see us at our office:  
Whitehorse Community Resource Centre  
Level 1, 79 Mahoneys Road Forest Hill, 3131

## How can an advocate help?



- An advocate can help you feel heard with your first and future plans with NDIS.



- An advocate can help you understand and exercise your rights.



- An advocate can help you to speak out or feel heard.



- An advocate can promote or protect your rights.

## Your Rights?



- You have the right to an advocate.



- You have the right to make your own decisions and to be treated equally.



- You have the right to information in a form you understand.

- You have the right to have clear outcomes from the NDIS.

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## What is an advocate?



- Someone you chose and trust.



- Someone who listens to what you need.



- Someone to sit beside you and help you with meetings, to speak out or to participate in decisions.



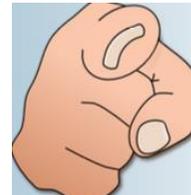
- Someone who is independent.



- Someone who can offer support.



- MEDA provides paid individual advocates and long and short term Volunteer Citizen Advocates.



- Individual and short term Volunteer Citizen Advocates can assist you with the NDIS.

- Someone who looks after your interests and