

4

Useful Information

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4.1 Your Rights

Human rights are rights that every person has. They say that every person should be treated equally. Human rights mean that the government should protect the rights and freedoms of everyone.

There are many human rights. They include the rights to:

- ✓ Be treated equally
- ✓ Choose where to live
- ✓ An education
- ✓ Vote and run for government
- ✓ Marry and have a family
- ✓ Work, choose where to work and be paid fairly

People with disabilities have the same rights as everyone else. Because these rights are often

not respected in the same way they are for those without disabilities, there are special protections for certain rights such as being able to choose where and who you live with, or being supported to communicate in the way that meets your needs.

If you'd like to read more about your rights try these sites:

Australian Human Rights Commission – Disability Rights Homepage
<https://www.humanrights.gov.au/our-work/disability-rights>

Australian Human Rights Commission, Let's Talk About Rights, National Human Rights Consultation Toolkit, February 2009
Human Rights and People with Disability
<http://www.hrlrc.org.au/files/ahrc-fact-sheet-disability.doc>

4.1 Your Rights

Convention on the rights of Persons with disabilities (full version)
<http://www.un.org/disabilities/convention/conventionfull.shtml>

Enable – UN website on their work for people with disabilities
<http://www.un.org/disabilities/>

We have Human Rights: a human rights handbook for people with developmental

disabilities
<http://hpod.pmhclients.com/pdf/we-have-humna-rights.pdf>

Human Rights Act 2004 (ACT)
<http://www.legislation.act.gov.au/a/2004-5/default.asp>

If you would like more information on your rights you can contact places such as:

Name	Phone	Address
ACT Human Rights Commission	(02) 6205 2222 (02) 6205 1666 (TTY) 0466 169 997 (SMS)	Level 4, 12 Moore Street, Canberra ACT
Advocacy for Inclusion	(02) 6257 4005	2.02 Griffin Centre 20 Genge Street, Canberra ACT
ADACAS	(02) 6242 5060	Canberra Technology Park, Phillip Avenue, Watson ACT
Disability Discrimination Legal Service	(02) 6218 7918	Havelock House Gould St, Turner ACT
Legal Aid ACT	(02) 6243 3471	2 Allsop Street Canberra ACT
People With Disabilities ACT	(02) 6286 4223	Pearce Community Centre, Collett Place, Pearce ACT
Welfare Rights and Legal Centre	(02) 6218 7900	Havelock House Gould St, Turner ACT
Women With Disabilities ACT	(02) 6290 2166	Pearce Community Centre, Collett Place, Pearce ACT

4.2 Where Can I Go for Help?

One of the hardest things about being a self-advocate is knowing who to talk to and where to go for help. This list will give you some ideas about who to contact.

Please note that these details can change at any time. If you need to check them you can use the white pages online (see 3.3 Making a Phone Call) or the Citizens Advice Bureau.

Topics:

- Carer, Being a
- Complaints, Making
- Discrimination / Bullying
- Education
- Employment
- Housing / Accommodation
- Legal
- Mental Health / Suicide
- Parents with disabilities
- Relationships
- Violence / Assault

4.2 Where Can I Go for Help?

Carer, Being a

Organisation	Contact Details	Provides
ADACAS (A.C.T. Disability, Aged and Carer Advocacy Service)	6242 5060 www.adacas.org.au adacas@adacas.org.au	Advocacy for people with disabilities, older people and their carers
Belconnen Community Service (BCS)	6264 0200 bcs@bcsact.com.au www.bcsact.com.au	Various programs and support
Carers ACT	1800 242 636 www.carersact.org.au Carers ACT Action Kit: www.carersact.org.au/Assets/Files/CACT%20Action%20Kit%5B1%5D.pdf	Information & advice Counselling & support groups Respite Educational & social activities
Children with Disabilities Australia	1800 222 660 http://www.cda.org.au/	The national peak body which represents children and young people (aged 0-25) with disability and their families.
Citizens Advice Bureau	6248 7988 www.citizensadvice.org.au/	Database of local services & resources on website or call for help Produce annual CONTACT book – community directory
Community Options	02 6295 8800 admin@communityoptions.com.au www.communityoptions.com.au/	Respite, in-home and community support, ISP's, post-hospital support
DISH@oatley (Disability Information & Support Hub)	info@thedishoatley.com.au www.thedishoatley.com.au 60-62 Oatley Court Belconnen	Hub for a variety of services: House with No Steps Woden Community Service Belconnen Community Service Disability ACT, CSD
Lifeline	13 11 14 www.lifeline.org.au	24 hours support line
Parentline	6287 3833 www.parentlineact.org.au/	Free confidential telephone service for parents and families in the ACT and surrounding area
SHFPACT (Sexual Health and Family Planning ACT)	6247 3077 www.shfpact.org.au/	Training and resources in relationships, sexuality and personal safety for people with disabilities, support workers, teachers, carers and parents.
Duo Services	6287 2870 admin@duo.org.au www.duo.org.au	We are a thriving social enterprise providing personal care, home and community support. DUO helps you stay independent and remain a part of your community. With our support, you can extend your freedom to live how and where you choose.

4.2 Where Can I Go for Help?

Complaints, Making

See also 3.5 Making a Complaint

Internal complaints

Each organisation will have a complaint procedure and policy. Usually you will be given a copy of these during an induction process, or you can ask for it. You might also find it on their website. This document will outline how to make a complaint: which form to use, who to complain to etc

Usually the first step is to complain to the organisation itself.

External complaints

If an internal complaint has not been successful you can move on to an external (outside) complaint. Here are some organisations you might contact:

Organisation	Contact Details	Provides
ACT Human Rights Commission	6205 2222 human.rights@act.gov.au hrc.act.gov.au/ www.hrc.act.gov.au/content.php/category.view/id/16	Training Courses in rights, discrimination etc Rights and discrimination complaints and advice
ACT Ombudsman	1300 362 072 ombudsman@ombudsman.gov.au http://ombudsman.act.gov.au/	The Australian Capital Territory Ombudsman investigates complaints about the administrative actions of Australian Capital Territory Government agencies and public education providers.
Australian Human Rights Commission	1300 656 419 www.humanrights.gov.au complaintsinfo@humanrights.gov.au	Education and public awareness Complaints Human rights research Legal advocacy
Commonwealth Ombudsman	1300 362 072 ombudsman@ombudsman.gov.au http://www.ombudsman.gov.au/	Handles complaints, conducts investigations, performs audits and inspections, encourages good administration, and carries out specialist oversight tasks in regard to Australian Government agencies.
Community Services Directorate (CSD) Feedback	133 427 http://www.dhcs.act.gov.au/home/complaints_and_advocacy	For feedback – complaints and compliments – about CSD services
Complaints Resolution and Referral Service (CRRS)	1800 880 052 www.crrs.org.au	A service that helps sort out complaints about disability employment services and advocacy services funded by the Australian Government.
Privacy Commission	1300 363 992 http://www.privacy.gov.au/complaints	Handles complaints under the Privacy Act 1988 : where people believe their privacy has been interfered with by an Australian or ACT government agency, or a private sector organisation covered by the Act.

4.2 Where Can I Go for Help?

Discrimination / Bullying

Organisation	Contact Details	Provides
ACT Human Rights Commission	6205 2222 human.rights@act.gov.au hrc.act.gov.au/ www.hrc.act.gov.au/content.php/category.view/id/16	Training Courses in rights, discrimination etc Rights and discrimination complaints and advice
Australian Human Rights Commission	1300 656 419 www.humanrights.gov.au complaintsinfo@humanrights.gov.au	Education and public awareness Complaints Human rights research Legal advocacy
Fair Work Australia	1300 799 675. www.fwa.gov.au inquiries@fwa.gov.au	National workplace relations tribunal. It is an independent body with power to carry out a range of functions relating to: The safety net of minimum wages and employment conditions Enterprise bargaining Industrial action Dispute resolution Termination of employment Other workplace matters.
Police attendance	13 14 44	Non-emergency number
Welfare Rights and Legal Centre	6218 7900 wrlc@netspeed.com.au www.welfarerightsact.org/	Free legal advice, information and referral, assistance and representation regarding Disability Discrimination

Education

Organisation	Contact Details	Provides
ACT Human Rights Commission	6205 2222 human.rights@act.gov.au hrc.act.gov.au/ www.hrc.act.gov.au/content.php/category.view/id/16	Training Courses in rights, discrimination etc Rights and discrimination complaints and advice
ANU	6125 5036 disability.advisor@anu.edu.au	aims to: Raise awareness and understanding of disability issues with all students and staff. Enable students with disability to participate fully in University life.

4.2 Where Can I Go for Help?

Education, continued

Organisation	Contact Details	Provides
Australian Human Rights Commission	1300 656 419 www.humanrights.gov.au complaintsinfo@humanrights.gov.au	Education and public awareness Complaints Human rights research Legal advocacy
CIT Disability	6207 4929 (Bruce) 6207 3329 (Reid) 6207 3328 (Woden) http://cit.edu.au/mycit/students/services/student_support_services/disability_support	CIT is committed to providing suitable reasonable adjustments to support students with disabilities.
Education & Training Directorate	6207 5111 6205 6925 ETDContactUs@act.gov.au http://www.det.act.gov.au/school_education/disability_education	ACT public schools offer a range of specialist settings and programs for children and students with a disability.
P&C Association	6241 5759 http://www.actparents.org.au/contact@actparents.org.au	peak body of ACT public school Parents and Citizens Associations. We promote the interests of parents and other school community members to government.
University of Canberra	6201 5233 accessability@canberra.edu.au	UC AccessAbility coordinates and implements services and supports to assist students with disability and/or health conditions.

Employment

Organisation	Contact Details	Provides
ACT Human Rights Commission	6205 2222 human.rights@act.gov.au hrc.act.gov.au/ www.hrc.act.gov.au/content.php/category.view/id/16	Training Courses in rights, discrimination etc Rights and discrimination complaints and advice
Australian Human Rights Commission	1300 656 419 www.humanrights.gov.au complaintsinfo@humanrights.gov.au	Education and public awareness Complaints Human rights research Legal advocacy

4.2 Where Can I Go for Help?

Employment, continued

Organisation	Contact Details	Provides
Fair Work Australia	1300 799 675. www.fwa.gov.au inquiries@fwa.gov.au	National workplace relations tribunal. Independent body with power to carry out a range of functions relating to: minimum wages and employment conditions Enterprise bargaining Industrial action Dispute resolution Termination of employment Other workplace matters.
DEEWR	1300 363 079 13 33 97 http://deewr.gov.au/	responsible for national policies and programs that enable all Australians to access quality and affordable childcare; early childhood and school education; jobs; and fair, safe and productive workplaces. also responsible for the Office for Youth which provides a coordinated approach to policies, programs and services which affect young people.
DISH@oatley (Disability Information & Support Hub)	info@thedishoatley.com.au www.thedishoatley.com.au 60-62 Oatley Court Belconnen	One location for a variety of services: House with No Steps Woden Community Service Belconnen Community Service Disability ACT, Community Services Directorate

Housing / Accommodation

Organisation	Contact Details	Provides
ACT Shelter	6247 3727 http://www.actshelter.net.au/	an independent peak community organisation that provides strategic advice and advocacy on housing policy issues that affect people with no, or on low to moderate incomes. This includes people who are homeless or who are at risk of homelessness.
Canberra Mens Centre	6230 6999 www.menscentre.org.au/	Counselling, anger management, information and referral, case management and accommodation programs for men
CatholicCare	02 6163 7600 assist@catholiccare.cg.org.au www.catholiccare.cg.org.au	ASSIST Program - Provides support to individuals with complex needs who are homeless or at risk of homelessness. Provides individual case management, information, referral, advocacy and linkages to various health and welfare services.

4.2 Where Can I Go for Help?

Housing / Accommodation, continued

Organisation	Contact Details	Provides
First Point	1800 176 468 http://firstpoint.org.au/	Monday to Friday 9am-7pm Saturday 10am-1pm Referral and support
Citizens Advice Bureau	6248 7988 http://www.citizensadvice.org.au/	Database of local services & resources on website or call for help Produce annual CONTACT book – community directory
DISH@oatley (Disability Information & Support Hub)	info@thedishoatley.com.au www.thedishoatley.com.au 60-62 Oatley Court Belconnen	One location for a variety of services: House with No Steps Woden Community Service Belconnen Community Service Disability ACT, Community Services Directorate
Welfare Rights and Legal Centre	6218 7900 wrlc@netspeed.com.au www.welfareact.org/	Free legal advice, information and referral, assistance and representation regarding: <ul style="list-style-type: none"> • Centrelink / Social Security issues • Public Housing and private tenancy matters (low income earners) • Disability Discrimination

Mental Health / Suicide

Organisation	Contact Details	Provides
ACT Mental Health Consumer Network Inc	02 6230 5796 actmhc@actmhc.org.au www.actmhc.org.au	Mental health consumers volunteer and train to advise, inform and partner with organisations and Government to improve outcomes for people using mental health services. Drop-in Monday-Friday from 11am-1pm. Appointment required outside of Drop-in hours.
ANU Psychology Clinic	02 6125 2795 enquiries.psychology@anu.edu.au www.anu.edu.au/psychology	Includes counselling for adults who may be experiencing emotional or behavioural problems including anxiety, fears, phobias, depression, grief and stress related health conditions. Also provides therapy for children and adolescents with a range of problems.

4.2 Where Can I Go for Help?

Mental Health / Suicide, continued

Organisation	Contact Details	Provides
Crisis Assessment and Treatment (CAT) Team	1800 629 354 (24hrs) or 6205 1065	a seven day 24 hour outreach service. Their role is to provide a highly accessible and responsive acute mental health assessment and treatment service in the most appropriate setting.
Emergency Services: Police, Fire, Ambulance	000	To contact emergency services 24 hours, 7 days a week
Headspace ACT	02 6201 5343 headspaceACT@canberra.edu.au www.headspace.org.au/act	Provides access, information and assistance for young people from 12-25 experiencing emerging mental health and/or substance issues and their families.
Lifeline	13 11 14 www.lifeline.org.au	24 hours support line
Mental Health Foundation ACT	02 6282 6658 info@mhf.org.au www.mhf.org.au	information and referral service, public access library, Residential Respite Care for consumers and carers, programs including outreach, mentors, accommodation and so on, as well as policy analysis and advocacy to Governments on mental health.
Salvation Army – Hope for Life	1300 467 354 www.suicideprevention.salvos.org.au	Phone/email based service Description: telephone counselling service to prevent suicide and bereavement support 24 hours/7days
Police attendance	13 14 44	Non-emergency number
Suicide Call Back Service	1300 659 467 enquiries@ontheline.org.au www.suicidecallbackservice.org.au	Phone/email based service Operates 24 hours, 7 days a week A free, nationwide telephone support service, staffed by people with professional qualifications. Operating 24/7, our expert counsellors call you at a time that suits you, and provide support through up to six, 50 minute counselling sessions.

4.2 Where Can I Go for Help?

Legal

Organisation	Contact Details	Provides
Aboriginal Justice Centre	6162 1000 www.actajc.org.au	For people from an Aboriginal or Torres Strait Islander background. We support you through the Court process and will assist you in obtaining legal representation.
Aboriginal Legal Service	6249 8488 www.alsnswact.org.au/	ALS gives legal advice and court representation to Aboriginal and Torres Strait Islander men, women and children in NSW and ACT. We work in two areas of law, Criminal law and Children's Care and Protection law. For Family or Civil law matters, we give information and referral to other legal practices.
Care Inc Financial Counselling Service	6257 1788 www.carefcs.org/	Information Financial Counselling Community development and education program Hosts the Consumer Law Centre of the ACT and the No Interest Loan Scheme (NILS)
Youth Law Service	6173 5410 http://www.youthlawact.org.au/	Youth Law Centre helps young people between 12-25 years of age in the ACT with their legal problems, especially people who are socially or economically disadvantaged.
Legal Aid	6243 3411 legalaid@legalaidact.org.au www.legalaidact.org.au	Legal Aid ACT helps people in the ACT with their legal problems, especially people who are socially or economically disadvantaged. We can help in criminal law, family law and some civil law matters.
Welfare Rights and Legal Centre	6218 7900 wrlc@netspeed.com.au www.welfarerightsact.org/	Free legal advice, information and referral, assistance and representation regarding: <ul style="list-style-type: none"> • Centrelink / Social Security issues • Public Housing and private tenancy matters (low income earners) • Disability Discrimination

Parents with disabilities

Organisation	Contact Details	Provides
Barnardos	1800 061 000 info@barnardos.org.au http://www.barnardos.org.au/	Range of programs including Supported Playgroups Mentoring Program and Network Coordination

4.2 Where Can I Go for Help?

Parents with disabilities, continued

Organisation	Contact Details	Provides
Belconnen Community Service (BCS)	6264 0200 bcs@bcsact.com.au www.bcsact.com.au	Various programs and support
Child Youth and Womens Health Program	6205 1197	Includes parenting services, nutrition support, child health checks, immunisation and school health screening, lactation services, community asthma support service, social work, child health medical services, medical and counselling services for women affected by violence, Well Women's Services and health services for children where abuse has occurred or where there are concerns relating to possible abuse. Services located in Child Health Clinics, schools, outreach and in-home and health centres. Referral required for some services.
Communities@ Work	6293 6500 admin@commsatwork.org commsatwork.org/	Activities for young people and adults, Inclusion support for child care, respite, in-home support
Healthy Start Network	http://www.healthystart.net.au/resources/practical-tools#	support and education for parents with disabilities
Karinya House for Mothers and Babies	02 6259 8998 info@karinyahouse.asn.au www.karinyahouse.asn.au	Provides supported accommodation, transitional housing and outreach services to women who are pregnant or who have newborn babies and are in crises. Professional support includes; casework management and counselling, antenatal, postnatal and general health care advice, budgeting and financial planning advice, advocacy and assistance with public housing applications, assistance in developing and improving parenting and life skills through participation in external courses and programs, provision of baby and maternity goods and food parcels to clients.
Marymead	6162 5800 programs@marymead.org.au www.marymead.org.au	We work with families impacted by some form of intellectual disability by: Providing care and assisting in healing; Working with families to enhance their wellbeing; Advocating for resources, policies and programs; Applying our knowledge and evolving to meet new challenges.

4.2 Where Can I Go for Help?

Parents with disabilities, continued

Parentline	6287 3833 www.parentlineact.org.au/	Free confidential telephone service for parents and families in the ACT and surrounding area
Parentlink	13 34 27 parentlink@act.gov.au http://www.parentlink.act.gov.au/	ParentLink aims to provide information based on the latest research and promote the importance of effective parenting practices.
Raising Children Network	http://raisingchildren.net.au/ http://raisingchildren.net.au/parenting_in_pictures/pip_landing_page.html	The complete Australian resource for parenting newborns to teens step-by-step guides can help you with essential skills for parenting children from babies to teenagers.
Uniting Care Kippax	6254 1733 kuc@kippax.org.au www.kippax.org.au	Offers practical assistance through a range of programs for all ages. The largest single provider of playgroups in the ACT, assists special needs groups and provides a range of parenting courses and programs relating to issues of domestic violence and child abuse prevention. Provides major emergency relief assistance with food, referrals, and telephone.

Relationships

Organisation	Contact Details	Provides
Canberra Mens Centre	6230 6999 www.menscentre.org.au/	Counselling, anger management, information and referral, case management and accommodation programs for men
Belconnen Community Service (BCS)	6264 0200 bcs@bcsact.com.au www.bcsact.com.au	Various programs and support
Citizens Advice Bureau	6248 7988 www.citizensadvice.org.au/	Database of local services & resources on website or call for help Produce annual CONTACT book – community directory
Relationships Australia	1300 364 277 www.relationships.org.au/	We offer services that includes counselling, family dispute resolution (mediation) and a range of family and community support and education programs.
SHFPACT (Sexual Health and Family Planning ACT)	6247 3077 www.shfpact.org.au/	Training and resources in relationships, sexuality and personal safety for people with disabilities, support workers, teachers, carers and parents.

4.2 Where Can I Go for Help?

Relationships, continued

Organisation	Contact Details	Provides
WIRC (Women's Information & Referral Centre)	6205 1075 wirc@act.gov.au	Women-only Courses include: Self Esteem & Assertiveness Dealing with Difficult People Communication Skills And lots more!
Uniting Care Kippax	6254 1733 kuc@kippax.org.au www.kippax.org.au	Offers practical assistance through a range of programs for all ages. The largest single provider of playgroups in the ACT, assists special needs groups and provides a range of parenting courses and programs relating to issues of domestic violence and child abuse prevention. Provides major emergency relief assistance with food, referrals, and telephone.

Violence / Assault

Organisation	Contact Details	Provides
Canberra Rape Crisis Centre	6247 2525 crcc.org.au/	Confidential counselling and support Immediate crisis appointments Crisis phone support 24-hour crisis callout service Advocacy and information Information, referral and education
Emergency: Police, Fire, Ambulance	000	For emergency use 24 hour, 7 days a week
Police attendance	13 14 44	Non-emergency number
ADACAS (A.C.T. Disability, Aged and Carer Advocacy Service)	6242 5060 www.adacas.org.au adacas@adacas.org.au	Advocacy for people with disabilities, older people and their carers
Advocacy for Inclusion	6257 4005 www.advocacyforinclusion.org info@advocacyforinclusion.org	Individual and systemic advocacy for people with disabilities Training in self-advocacy, supporting self-advocacy, inclusion and awareness
Canberra Mens Centre	6230 6999 www.menscentre.org.au/	Counselling, anger management, information and referral, case management and accommodation programs for men

4.2 Where Can I Go for Help?

Violence / Assault, continued

Organisation	Contact Details	Provides
Citizens Advice Bureau	6248 7988 www.citizensadvice.org.au/	Database of local services & resources on website or call for help Produce annual CONTACT book – community directory
DVCS Domestic Violence Crisis Service	6280 0900 www.dvcs.org.au	Provides crisis intervention, advocacy, referral, information, support and practical assistance for people subjected to, or using, violence and abuse in relationships, giving priority to those subjected to violence
SHFPACT (Sexual Health and Family Planning ACT)	6247 3077 www.shfpact.org.au/	Training and resources in relationships, sexuality and personal safety for people with disabilities, support workers, teachers, carers and parents.

Others

[illegible]

4.3 Online Resources

The internet can be a great place to look for information. Be careful though as anyone can have their own website which means it's not all accurate or reliable.

You don't need your own computer or internet to see these sites. Every public library in the ACT has computers you can use for no cost. Just ask at the service desk to book a time. You can also print for a small fee.

You can even book your time online!

<http://www.librarycatalogue.act.gov.au:8089/cgi-bin/pcres/reserve.pl>

Self-advocacy Resources

Be Real
www.bereal.com.au/

Understanding Intellectual Disability and Health
www.intellectualdisability.info/changing-values/self-advocacy

Ethnic Disability Advocacy Centre – Let me Speak
www.edac.org.au/letmespeak/

Suite 101 – Assertive Communication Skills
suite101.com/article/assertive-communication-skills-a44334

Centre for Clinical Interventions – Assertive Communication
www.cci.health.wa.gov.au/resources-docs-Info-assertive%20communication.pdf

Others

Name	Details

Health, Sexuality and Relationships

Family Planning Queensland – Free activity books
www.fpq.com.au/education/disability/resources.php

ShineSA – Friendships and Dating
www.shinesa.org.au/index.cfm?objectid=222C7C7C-B988-DA94-EB64F74C1FB9883D

Human Rights

See 4.1

Local Networks

Connecting Canberra's Disability Community (Facebook group – you will need a Facebook account to join)
<https://www.facebook.com/groups/canberrasdisabled/>

People with Disabilities ACT
<http://www.pwdact.org.au/>

Women with Disability ACT (WWDACT)
<http://www.wchm.org.au/WWDACT/wwdact>

Local Disability Information

Canberra Disability Information
<http://actdisability.blogspot.com.au/>

Community Services Directorate – Disability ACT
http://www.dhcs.act.gov.au/disability_act

4.4 About Advocacy for Inclusion

advocacy for inclusion

Advocacy for Inclusion is committed to a society where people with disabilities live inclusive and meaningful lives as part of the community, in accordance with the United Nations *Convention on the Rights of Persons with Disabilities*.

We provide advocacy services to people with disabilities living in the ACT and region, to enable each individual to overcome discrimination and empower them to control their lives and participate in the community.

Individual Advocacy

We act with and on behalf of people in a supportive manner, or assist them to act on their own behalf, free of conflicts of interest and motivated only by a desire to obtain a fair and just outcome for the person concerned.

Self-advocacy

Advocacy for Inclusion offers courses for people with disabilities to develop skills to make informed decisions and to confidently speak for themselves. Course graduates can then join our ongoing self-advocacy group to further their learning and skills.

Our self-advocacy kit is on our website, free to all.

Systemic Advocacy

We work to change laws, policies and practices which cause barriers to the rights of people with disabilities

Training

We offer training across a range of areas including:

- Awareness and inclusion;
- Understanding the human rights of people with disabilities;
- Self-advocacy; and,
- Supporting self-advocacy.

Who can use Advocacy for Inclusion?

- Individual advocacy is available for people with disabilities who live in the ACT.
- Self-advocacy training is available for people with disabilities in the ACT region.
- We provide inclusion advice, awareness and human rights training for any organisation or member of the community who is interested.

How do we protect your privacy?

Confidentiality is maintained at all times and any information gathered or shared is always with the person's knowledge and consent. If you would like a copy of our privacy policy please contact us.

Contact us

Advocacy for Inclusion

Phone: 61 2 6257 4005

Fax: 61 2 6257 4006



Email: info@advocacyforinclusion.org
Web: www.advocacyforinclusion.org/
Twitter: @Adv4Inclusion

2.02 Griffin Centre
20 Genge St
Canberra City ACT 2601

4.5 Disclosure – your choice

You can choose to say you are a person with disability, or not. Some people don't feel they have disabilities even though other people might give them that label – they just need some extra help with parts of their life.

Some people like to be 'out and proud' about their disabilities and try to raise awareness in others. Other people prefer to keep it private and only share with people they really trust.

No matter what you prefer you will probably be interested in learning more about what is called

the Social Model of Disability. This is the way that Advocacy for Inclusion looks at disability.

Social Model of Disability

The idea of 'disability' only exists because of the way our society is.

It is not things about the person which are disabling, it is the shape of society that creates barriers.

Did you know

that other cultures have different ideas of disability? Some Aboriginal and Torres Strait Islander communities don't even have a word for disability

Queensland Department of Communities (Disability Services), See Beyond the Disability, 2007

These barriers can include:

- Physical access
- Communication
- Beliefs
- Practices
- Attitudes
- Discrimination
- Lack of services

If there were no barriers everyone would live equally and there would be no 'disability'.

"If I lived in a society where being in a wheelchair was no more remarkable than wearing glasses, and if the community was completely accepting and accessible, my disability would be an inconvenience and not much more than that. It is society which handicaps me, far more seriously and completely than the fact that I have Spina Bifida" ¹

The social model of disability wants to change society rather than changing people to fit into society. ²

Each person is more than a diagnosis and their needs should be looked at individually.

Each person should be valued as part of society.

Talk – a UK Video from the Disability Rights Commission

The award-winning 'Talk' portrays a society in which non-disabled people are a pitied minority and disabled people lead full and active lives. Jonathan Kerrigan, of BBC's 'Casualty' fame, plays a business executive whose negative preconceptions of disability are dramatically shattered.

<http://www.youtube.com/watch?v=vSG6LGutkHo>

¹ National People with Disabilities and Carer Council, *Shut Out*, 2009

² People with Disability Australia, *Students Information – the Social Model of Disability*, accessed January 2013

"People with disabilities should have more of a say over what we want, not just parents. Parents should back off and let them have a say."

"You just feel like you're boxed in you can't do anything. And sometimes you're boxed in and you just feel awful, you know. No one should feel like they're suffering no one should feel like that."

"It's good to be able to ask for advice when you want. But I'm just asking for advice and options not direction."

**"I want to spread
my wings I just
want to be free."**

"People with disabilities should have less being told what to do. I know sometimes I make the wrong choices and decisions in life but it's just life experience"

"I feel better. A bit like everyone is behind me."

"Simply to agree that we are dealing with things responsibly. That's all. I don't want her [case worker] to have any input, I don't want her to have any decision power. I simply want her support in the decisions that I do make are responsible decisions."

All quotes from

Ask me.
I make my own
decisions resources for inclusion

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