

## Need more help?

**CORAS** — Colac Otway Regional Advocacy Services.

You can call Paul at his office on **5232 1009**

You can visit their office at 50A Rae Street, Colac.

or

**Assert 4 All** — Barwon Disability Resource Council.

You can call them on **5221 8011**.

You can visit their office at 48 McKillop Street, Geelong.

or

**Valid** — Victorian Advocacy League for individuals with Disability Inc.

You can call their office on **9416 4003**

You can visit their office at 235 Napier Street, Fitzroy.

## Contact Us



You can call the CODA Inc. office on **5231 1573**

Or visit us at shop 6, 58 Hesse Street, Colac .



Or write to us by mailing your letter to:

**CODA Inc.**  
**P.O. Box 370**  
**Colac 3250.**



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**Colac Otway Disability Accommodation Inc.**

## What is an advocate?

An advocate is someone who can speak on your behalf.

An advocate can help you:

- Maintain your rights.
- Help you make decisions that affect you.



- With problems or complaints about services (for example CODA, Day Programs, Doctors).



## When might you need an advocate?

- When making a complaint about a service.
- If you feel you have not been treated fairly.
- Talking to a doctor about your treatment.



- Talking to your bank about the types of accounts you need.
- Talking to Centrelink about your payments.



- Talking to your boss about your job.

## Who can be your advocate?

- Someone from an advocacy service, like Paul Brady.
- A support person.
- A friend.
- A family member or relative.
- A neighbour
- A teacher.
- **Someone you trust.**

You can ask someone from CODA Inc. to help you find an advocate.

