# Need more help?

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

You can call Paul at his office on

Advocacy

## 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

Issued:25/01/2018

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**Or write to us by mailing your letter to:**

**CODA Inc.**

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

**Or visit us at shop 6, 58 Hesse Street,**

**Colac .**

**You can call the CODA Inc. office**

**on 5231 1573**

**Contact Us**

**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.

**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.

 Sure

Can you help me find someone to help me?