

An Advocate is someone who can support you or talk on your behalf



Having an Advocate may be helpful when using our services or giving feedback

Advocates can:

- ✓ talk with you to help you understand what you want to do
- ✓ consider if they are the right person to help you
- ✓ help you to find a solution to a problem
- ✓ involve you as much as possible
- ✓ only have access to your health information if you consent
- ✓ provide you with information
- ✓ help you to communicate, speak for you with consent or support you with communication aids

Anyone can be an Advocate

Find someone who:

- ✓ you trust
- ✓ knows your culture and beliefs
- ✓ will respect your wishes
- ✓ is committed to supporting you with your health needs

There are different types of advocates for different needs:

Informal Advocate

- family member or relative
- close friend or neighbour
- community leader

Formal Advocate

- support worker
- representatives from organisations that support your specific need

If you nominate an Advocate to talk on your behalf, you will need to complete an **Authority to Act as an Advocate** form. You can get this form from reception or on the cohealth website.

Need help to find an Advocate?

please talk to your service provider, or call the cohealth Quality team on **9448 6102** or visit cohealth.org.au/client-advocate* or

contact any of these services:

- Office of the Public Advocate - **1300 309 337**
- Disability Advocacy Resource Unit - **9639 5807**
- Victorian Advocacy League for Individuals with Disability - **9416 4003**
- Victorian Mental Illness Awareness Council - **9380 3900**
- Seniors Rights - **1300 368 821**
- Carers Victoria - **1800 514 845**
- Aged Care Advocacy - **1800 700 600**



If you would like to contact us using an interpreter, please first call **13 14 50**



everyone is welcome at **cohealth**



cohealth
care for all