

WHY YOU ARE NEEDED

To thrive, human beings need more than food and shelter. We need to be accepted, encouraged, supported and valued. We need to understand and be understood.

Imagine what your life might be like if you had:

- no one in your life except people who are paid to be there;
- limited capacity to deal with the practical affairs of everyday life;
- few opportunities to learn and develop;
- limited social skills, which can lead to a lonely, isolated life;
- difficulty understanding and dealing with multiple experiences of rejection;
- difficulty accessing appropriate services.

When supported and encouraged by a principled, caring person, people with intellectual disability have opportunities to share and enjoy the good things in life.

**YOU can
make a difference!**

Citizen advocates

are ordinary people

doing ordinary things

of EXTRAordinary importance



**CITIZEN
ADVOCACY
PERTH WEST**

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Citizen Advocacy—Perth West (Inc)

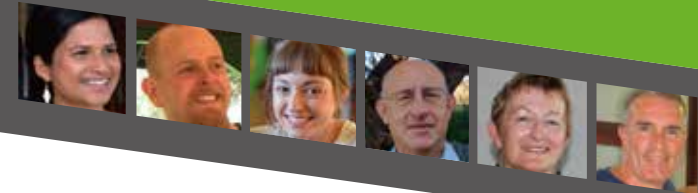
is a not-for-profit, community based organisation which is funded by the Australian Government through the Department of Social Services



No one person can change the world
but as a citizen advocate

**YOU can
change the
world**

for one person!



Protecting and enhancing lives

Citizen Advocacy

enables ordinary, caring people to make a positive difference in the lives of our fellow community members with intellectual disability who may otherwise fall between the cracks in the system.

We seek out people living in group homes, hostels or alone in the community, who have no friends or family in a position to assist, leaving them isolated and vulnerable.

We then carefully match them, one-to-one, with a principled, caring citizen, who commits to a long-term voluntary relationship, in which they undertake to act as friend, mentor and spokesperson (or "advocate") for the person with disability.



YOU can make a difference!

CAN YOU BE AN ADVOCATE?

Citizen advocates are of all ages and come from all walks of life, each bringing their individual range of life experiences. Many are busy people, some working full time.

You do not need to have any special qualifications or experience; indeed, most citizen advocates have had no significant prior involvement with people with disability. All citizen advocates participate in an orientation program and are offered ongoing support by the CAPW office.

"If you're the kind of person who likes to make a difference and see life run just that bit smoother for someone else, then Citizen Advocacy is an outstanding volunteer choice. You really make a connection and see the changes."

Trish Harris - citizen advocate



Citizen Advocacy promotes, facilitates and supports advocacy for people with intellectual disability in order to protect and enhance their lives.



ROLES OF A CITIZEN ADVOCATE:

Each situation is unique and freely given. Some of the ways in which citizen advocates enhance the life of an individual with intellectual disability include:

- Acting as a **guide or mentor**
- Speaking out** for their interest and welfare
- Supporting their right to make **choices and decisions**
- Assisting them to find meaningful **employment** or ways of spending their days
- Introducing them to **new experiences**, resources and networks within the community.

If you would like to help but cannot commit to a long term role, still give us a ring on 9445 9991 to find out about other ways you can be involved.

A rewarding voluntary opportunity awaits!

www.capw.org.au admin@capw.org.au or give us a call on **9445 9991** to find out more.