



Using an advocate

You can choose to bring a carer, registered supporter or carer advocate with you to your appointments.

An advocate is someone who:

- Can support you, or act on your behalf.
- They can also be referred to as Registered Supporters (Aged Care) or Carer Advocate.

An advocate can help you:

- Understand your rights
- Make an informed decision
- Understand and resolve issues or complaints
- Speak up for yourself.

Can I have an advocate?

- Yes, anyone can ask an advocate to speak for them or support them.

Who can be an advocate?

- An advocate can be anyone you choose, such as a family member or friend.
- Older adults can nominate and register one or more people of their choice to assist them in their decision-making. (Aged Care Act 2024). For more info: [Supporters | Aged Care Quality and Safety Commission](#)

You can also choose to contact one of the following agencies for support.

Allied Justice Community Legal Services

Ph: 1800 466 488 bgcls.org.au

Victoria Legal Aid

Ph: 1300 792 387 legalaid.vic.gov.au

Disability Discrimination Legal Service

Ph: 96548644 ddls.org.au

Victorian Advocacy League for Individuals with Disability (VALID)

Ph: (03) 09416 4006

Villamanta Disability Rights Legal Services

Ph: 1800 014 111 villamanta.org.au

Office of the Public Advocate

Ph: 1300 309 337 publicadvocate.vic.gov.au

Young people living with a disability

Youth Disability advocacy service (YDAS)

Ph: (03) 9267 3709 ydas.org.au

People living with a mental illness

Independent Mental Health Advocacy

Ph: 1300 947 820 imha.vic.gov.au

Victorian Mental Illness Awareness Council (VMIAC)

Ph: (03) 9380 3900 vmiac.org.au

Older Adults

Elder Rights Australia

Ph: 1800 700 600 elderrights.org.au

Older Persons Advocacy Network

Ph: 1800 700 600 opan.org.au

Ballarat Community Health

Updated 12/2/26

