Speak-up
ADVOCACY GUIDE

SOLVING EVERYDAY ISSUES AND BEING YOUR OWN BEST ADVOCATE

Do you have someone you go to for advice or a decision-maker?
Ask for help.

Sometimes family members, relatives or close friends help you with making decisions and solving everyday issues, or you might have a formal decision-maker in your life.

Both can help you speak up when dealing with the everyday issues you might experience and should be your first point of call. Ask for help.

Who is a formal decision-maker?

Formal decision-makers in Queensland will be one of the following:

1. A guardian or administrator appointed by the Queensland Civil and Administrative Tribunal (QCAT).
   - A **guardian** will help you make some or all personal and health care decisions.
   - An **administrator** will help you make some or all financial decisions.

2. An enduring power of attorney to help you with:
   - financial matters, eg. paying bills
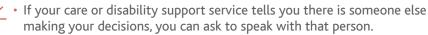   - personal or health decisions, eg. organising doctors
   - or both.

How will I know if I have a formal decision-maker?

Your care or disability support service tells you there is someone else making your decisions, or you can ask them.

You can ask your family or friends if you have a formal decision-maker.

You may have paperwork from QCAT, the Office of the Public Guardian or Public Trustee Queensland.

You may have completed an Enduring Power of Attorney document and your attorneys are now making your decisions.

- If your care or disability support service tells you there is someone else making your decisions, you can ask to speak with that person.
- Formal decision-makers still need to take into account your views and wishes in making decisions, so it's important that you talk to them about what's important for you.

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ADAAustralia
Your aged and disability advocates

ADA AUSTRALIA ACKNOWLEDGES THE TRADITIONAL CUSTODIANS OF THIS LAND AND PAYS RESPECT TO ELDERS, PAST AND PRESENT.

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