



IDA is a not-for-profit community organisation that provides **free and private** support to people with disabilities, their families, and carers in the Northern Territory.

At IDA, we listen to concerns and look at the whole situation to find the best way to help. We work closely with many community groups and government services, so we can connect people to the right support when needed.

IDA promotes fairness and inclusion for people with disabilities. We challenge stereotypes and support people to live independent lives as part of the community.



Our **Vision** is to become an inclusive society that is supportive and accessible to all persons of all abilities.

Our **Mission** is to advocate and lobby with, or on behalf of, people with disability to ensure an equitable outcome for all.

### Useful Links:

#### National Disability Insurance Scheme (NDIS)

[www.ndis.gov.au](http://www.ndis.gov.au)  
**1800 800 110**

#### National Disability Services

[www.nds.org.au](http://www.nds.org.au)  
**1800 800 110**

#### Department of Social Services

[www.dss.gov.au](http://www.dss.gov.au)  
**1800 653 227**

#### Anti-Discrimination Commission

[www.adc.nt.gov.au](http://www.adc.nt.gov.au)  
**1800 813 846**

#### Disability Gateway

[www.disabilitygateway.gov.au](http://www.disabilitygateway.gov.au)  
**1800 643 787**

#### Family Violence and Sexual Assault

**1800 737 732**

This is a 24-hour national sexual assault, family and domestic violence counselling line for any Australian who has experienced, or is at risk of, family and domestic violence and/or sexual assault.

### For more information, please contact us:



08 8948 5400



[www.idainc.org.au](http://www.idainc.org.au)



[office@idainc.org.au](mailto:office@idainc.org.au)



PO Box 645, Nightcliff NT 0814



U4, 18 Bauhinia St Nightcliff NT 0810

## WHAT IS INDIVIDUAL ADVOCACY Integrated Disability Action Inc.

*A voice and support network for people with disability*

**Come Visit Us**  
Nightcliff Community Centre  
U4 18 Bauhinia Street, NIGHTCLIFF NT 0810



## OUR GOAL -

IDA has been advocating with and on behalf of people with disabilities in the Northern Territory since 1996. Our goal is to support people with disabilities, their families and their carers to improve their lives, and make sure the disability sector is professional and respectful.

At Integrated Disability Action, we provide **individual advocacy** to support people with disabilities in standing up for their rights, accessing services, and addressing issues in their lives. Our advocates work directly with individuals to understand their needs, offer guidance, and help them navigate systems like healthcare, education, employment, and government services. Our goal is to empower people to have their voices heard and ensure they receive fair treatment and opportunities.

1

**Listen and Learn:** Talk with people with disabilities, their families, carers, and guardians to understand important issues that affect them.

2

**Speak Up for Change:** Work to improve these issues, whether they affect one person, a group, or the whole community.

3

**Share Information:** Create and share helpful resources to raise awareness about issues that impact people with disabilities.

4

**Make Voices Heard:** Ensure people with disabilities, their families, carers, and guardians have a say in important decisions made by governments and other organisations.

## Who can have an advocate?

- IDA can assist you with your advocacy needs if you **live in the local area of Darwin**. Alternatively we can refer you to an advocate in your region with your specific needs in mind.
- IDA can assist you if you need to feel heard and be part of a decision.
- IDA can assist you if you are a family member or carer of a person with a disability.

## What can an advocate help with?

- Understanding your rights.
- Getting fair treatment at work, school, or in the community.
- Help with the NDIS, housing, healthcare, and other services.
- Speaking up if you feel unsafe, ignored, or treated unfairly.
- Non-legal/moral support with legal or government issues.

