

Yarn Up

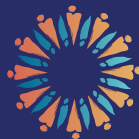
Speaking for yourself our way

It's important to take steps to speak up when you have a problem. This means thinking about what the trouble is and getting ready to have a yarn.

ADA Australia may be able to help.

Call us on **1800 818 338**

www.adaaustralia.com.au/speak-up



ADA Australia

Your aged and disability advocates

Deadly solutions

Keep check on what was agreed. If the problem has not been fixed, call again and have another yarn.

What is the trouble?

There can be many parts to a problem. Think about each part.

What would you like to happen?

Work out what's important to you.

Deadly yarn

Have a yarn about the problem. Ask what will happen next and when.

Who can you yarn to?

Find out who is the best person to have a yarn to about the problem. You might also yarn to your family and friends about it.

Believe in yourself and know your rights.

You have the right to expect good quality services that we need in everyday life, such as disability support, phone, banking, housing, aged care and other services in your community.



ADA Australia acknowledges the Traditional Custodians of this land and pays respect to Elders, past, present and emerging.