



## Carer Advocacy Cheat Sheet

***Speak up. Stay steady. Support the teen.***



### When to Advocate

- When the teen's needs aren't being met (school, therapy, identity, safety)
- When care plans are being ignored or outdated
- When behaviour is escalating and you're not being heard
- When cultural, identity, or disability supports are missing
- When the teen wants support but doesn't feel safe to speak up alone



### How to Advocate Effectively

#### 1. Stick to the Facts

✓ "Since the last access visit, he's refusing school and saying he feels unsafe."

✗ "He always acts up after access. I'm fed up."

#### 2. Use Clear, Specific Language

✓ "I'm requesting a review of the behaviour support plan."

✓ "Can we add weekly contact with the youth mental health team?"

✗ "Something needs to change."

#### 3. Frame It Around the Young Person's Needs

✓ "She hasn't been able to attend school in two weeks. I'm worried about her wellbeing."

✓ "He's asking to speak with a male Aboriginal mentor. Can we support that?"








### Sample Phrases for Emails & Meetings

- "I'd like to flag a concern that's impacting the young person's wellbeing."
- "Based on what I'm seeing at home, I believe we need to revisit the care plan."
- "Can we put a plan in place to support this issue before it escalates?"
- "How can we work together on this?"



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- “I’m happy to document what I’m seeing if that helps the next steps.”
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### **Top Tips for Successful Advocacy**

-  Stay calm and professional—even when you’re frustrated
  -  Document your requests and concerns in writing
  -  Bring someone with you to meetings if allowed (support worker, partner, advocate)
  -  Keep a timeline of when issues were raised and what responses you’ve received
  -  Focus on the teen, not blame
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### **When You’re Not Being Heard**

If you’ve raised concerns and aren’t seeing action:

- Reiterate your concern in writing
  - Request a case meeting
  - Involve your carer support worker or advocacy body
  - Escalate respectfully within the organisation
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### **Final Reminder**

You are the daily advocate. Your voice matters. When you advocate, you are **not complaining—you are protecting** a young person who may not yet know how to protect themselves.

 ***“When you speak calmly and clearly, you create change that lasts longer than frustration ever could.”***