

# aruma.

**Disability services. Putting you first.**

## **People That Will Stand Up For Your Rights in Queensland**



**It is written in an easy to understand way.**

**We use pictures to explain things.**





**What if I want someone to  
help me stand up for myself**



**There are services who can help  
you be heard**



If you are deaf or have trouble  
speaking you can ring  
the National Relay Service  
on **133 677**

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## Capacity Australia

Can help you decide



You can ring on **02 8987 1944**



You can visit their website at

<http://capacityaustralia.org.au/>

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People with Disability Australia

PWDA



You can call them on

**free call 1800 422 015**



You can visit their website at

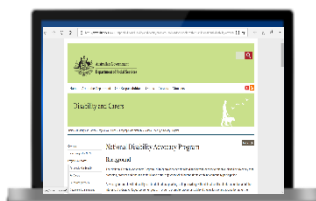
[www.pwd.org.au](http://www.pwd.org.au)



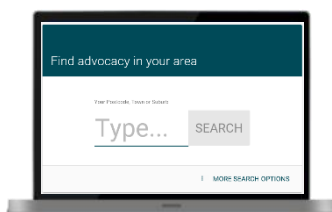
## National Disability Advocacy Program NDAP



You can ring them on  
**1300 653 227**



You can visit their website at  
[www.dss.gov.au](http://www.dss.gov.au)



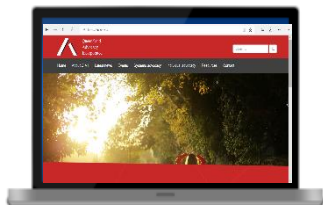
You can search for help in your area  
Visit the website  
[www.dss.gov.au](http://www.dss.gov.au)



**Queensland Advocacy  
Incorporated QAI**



You can ring on **07 3844 4200**



You can visit their website

[qai.org.au](http://qai.org.au)



You can email your question

[qai@qai.org.au](mailto:qai@qai.org.au)



**Queensland Aged and Disability  
Advocacy QADA**



You can ring on **1800 818 338**



Website: [qada.org.au](http://qada.org.au)

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**Rights in Action RIA**



You can ring on **07 4031 7377**



Website [rightsinaction.org](https://rightsinaction.org)