

# Advocacy Services

Your guide to advocacy and the Older  
Person Advocacy Network (OPAN)



## What is an advocate?

An advocate is someone who works and speaks out solely on your behalf and will help you remain informed throughout the decision-making process. Advocacy is all about helping you to be heard and understood.

An advocate can be a family member, friend, or someone from an advocacy service. An advocate can:

- support you when you have assessments and / or case conferences
- provide detailed information and help you to work through difficult issues
- help you review all the possible options of assistance that may be available to you including other services
- ensure you are aware of your rights and responsibilities

## Older Person Advocacy Network (OPAN)

Is an independent national network made up of 9 state and territory member organisations that have been successfully delivering advocacy, information, and education services to older people in metropolitan, regional, rural, and remote Australia for over 25 years.

These network members offer free, independent confidential support and information to older people. These services support older people and their representatives to address issues related to Commonwealth funded aged care services.

These network members are different in each State and the contact details for each is listed below:

### Australian Capital Territory – ADACAS Advocacy

Phone 02 6242 5060.

Website [www.adacas.org.au](http://www.adacas.org.au)

### New South Wales – Seniors Rights Service

Phone (02) 9281 3600 or 1800 424 079

Website [www.seniorsrightsservice.org.au](http://www.seniorsrightsservice.org.au)

### Northern Territory (Postcodes 0852 to 0872) – Catholic Care Northern Territory

Website [www.catholiccareent.org.au](http://www.catholiccareent.org.au) – lists the phone numbers for different post codes

**Northern Territory (Postcodes  
0800 to 0851) – Darwin  
Community Legal Service**

Phone (08) 8982 1111 or 1800 812 953

Website [www.dcls.org.au](http://www.dcls.org.au)

**Queensland – ADA Australian**

Phone (07) 3637 6000 or 1800 818 338

Website [www.adaaustralia.com.au](http://www.adaaustralia.com.au)

**South Australia – Aged Rights  
Advocacy Service (ARAS)**

Phone (08) 8232 5377 or 1800 700 600

website [www.sa.agedrights.asn.au](http://www.sa.agedrights.asn.au)

**Tasmania – Advocacy Tasmania**

Phone 1800 005 131

website [www.advocacytasmania.org.au](http://www.advocacytasmania.org.au)

**Western Australia – Advocare**

Phone 1800 655 566

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