



Meet Cynthia



about Cynthia

"Hi. My name is Cynthia and I live in Wagga Wagga. I go to **Wagga Wagga Self Advocacy Support group** every month.

Since I joined the *Self Advocacy Support group*, I am able to stand up for my rights without fear. Self advocacy helps me solve my problem without asking someone else to do it for me.

For a long time I was doing somebody else's work - a staff member asking me to do the job that was not mine. I told my employer about it. The employer spoke to the staff member. Since then, I am not doing other people's work that I am not paid for.

I learnt budgeting and now I know how to budget for a holiday. I nearly have enough saved for my holiday.

Since I joined the *Self Advocacy Support group*, I am more active in the community; I do volunteer work on Saturday at the animal shelter and go to the pool once a week to attend water aerobics.

After gaining telephone and communication skills, I was appointed co-ordinator for the social activity group at RDAS. I am looking for a better job and register with the *Job Centre Australia*."

Regional
Disability
Advocacy
Service



Wagga Self Advocacy group

