

Suzanna - Accessing advocacy, union, or legal support for a workplace problem.

- Suzanna:** Hi, I'm Suzanna.
I wanted to talk about a self-advocacy issue in the workplace.
- Suzanna:** So a couple of months ago I accessed a really good DES and this specific DES consultant was able to help me look at options in terms of what kind of work I could do instead. And what my options were when I was thinking about leaving my workplace.
- Suzanna:** So some of the options that we discussed in the self-advocacy context were things like, looking for other work, looking for work that was similar to what I was doing, trying to see if I could speak to my current supervisor at that casual job to see if I could improve the conditions or maybe she could.
- Suzanna:** And so through a lot of meetings, I was able to self-advocate and get some of these issues resolved. However, because that current workplace that I was at, had a lot of issues that I wasn't able to fix and a lot of people in high positions weren't able to fix, those issues remained issues.
So I had decided to actually plan to resign, and part of that is making a formal letter.
- Suzanna:** And although I didn't need help with making that formal letter through the self-advocacy DES consultant, he was able to have, so he was able to provide me with emotional support.
And fast forward to now, that disability consultant had still helped me maybe a month or two or so.
And so that was really important to have that support in terms of just having check-ins to make sure everything was okay, and that my current plan was to resign from that workplace.
- Suzanna:** I haven't resigned from the workplace yet, but it will be happening soon.
- So DES consultants for me was sometimes a hit and miss. However, when I was finally able to get onto DES, which is a disability employment support service, I found a really good, provider. And I think what was maybe more important, I found a really good consultant and he was able to help me in many different ways.
- Suzanna:** However, I am at a pause with this consultant and also the company for many reasons.

However, back a few months ago, this consultant and this organisation was really important in helping me self-advocate so that's what I wanted to talk about today.

Self-advocacy is hard, but when I found the right consultant and the right company, maybe more so the right consultant because I'm working with them more one-on-one rather than with the overall company.

That was really important because I was able to get some issues looked at and I was able to have some issues solved and now I'm heading in the right direction, and that's really important. So, thank you for listening.

Bye.