**Voices of Change with James, Jack and Rory**

Voiceover: It can be hard to hear about disability institutions. You can ask for support.

James: Can you tell me about your experience of being a self advocate?

Jack: 2015, joined CID. Yeah, started doing advocacy, self advocacy, in the advocacy group. All disability related, from 2015 up until today really. And then in 2018 I was nominated as a director on the board. Just entering my third term as a director this year.

James: Do you know what a disability institution is?

Jack: A disability institution is a bad, bad place where they treat people with disabilities really horribly.

James: Do you know what the different kinds of institutions are in Australia?

Jack:One of the kinds of institution is for children and then there was disability for adults. And then there are jails and hospital wards as well.

James: Yeah. Yeah. Why is it important that we do not have any more disability institutions?

Jack: It is really really important that we continue not to have any because we had them for so many years. It is time for people with disability to be free and live their life how they want. With help from organizations. Also try and get the message out to other areas of Australia that still have the institutions and try and have those closed down too.

James: How can we remember self advocates who closed disability institutions?

Jack: Well by continuing the work that they did and fighting to keep the institutions closed, telling their stories and keeping Kim Walker's legacy alive basically.

James: What skills do you need to be a good self advocate?

Jack: You need to be able to listen, number one, to issues that are happening. You need to be respectful, learn more things about advocacy that you may not have known so that you can become a better self advocate. Advocating for people through having meetings with parliament so that you can fight for a better way of life for people with disability. James, Rory is now gonna sit down so you can ask him some questions about his self advocacy journey.

James: What's your name?

Rory: My name is Rory, I am 22, and I am a member of CID.

James: Can you tell me about your experience of being a self advocate?

Rory: Well I have been a self advocate for quite a few years. I have been involved with headspace as a youth advocate on the youth advisory committee and various different parliamentary panels. I joined CID in about 2017 and 2018 when Jack actually showed me CID. I went to the AGM and I joined all the various groups, and here I am today.

James: What skills do you need to be a good advocate?

Rory: I think you need to have really good listening skills. You need to be kind-hearted, not take offense to things, be tough when you need to be tough because it is not easy.

James: What self advocacy skills are you still working on?

Rory: I am still working on on how to advocate for myself. Uh, it is quite difficult. It is a lot easier to advocate for someone else.

James: Why is it important that we do not have any more disability institutions?

Rory: Well we have fought so hard to get to where we are now and we do not want to have wasted our time with that. And we deserve to be free, we deserve to be independent and live our lives the way we want to live them and and not be trapped and told we can not do what we want to do.

James: How can we remember self advocates who helped close institutions?

Rory: I think we need to share those stories from those advocates by like writing articles, putting them in newspapers, creating websites and forums about it. Just sharing the stories. There are so many platforms now that this stuff can be spread on and you know we need to keep their stories alive and and just do not forget what happened.

James: Yes that is right.