Your advocate is called an ‘Independent Mental Capacity Advocate’. This type of advocate is also known as a ‘39D IMCA’.

Your advocate can help you to feel confident about your role and rights as a Relevant Person’s Representative.

Your advocate can help you understand your friend or relative’s deprivation of liberty authorisation and the options you have.

For example, they can explain:

- the effect of the authorisation and why it was made
- how to request a review of the authorisation
- the ‘conditions’ the care home or hospital must meet
- complaints procedures you can use
- how you can make an application to the Court of Protection to get the authorisation changed or ended

Depending on the circumstances, your IMCA may be supporting your friend or relative (the Relevant Person) as well as you.