Your advocate can help you understand your options and be heard when there is a particular issue in your life.

Issue:

Aim:

Advocates make sure that health or social care professionals listen to you. This does not mean health or social care professionals will always do what you want them to. But your advocate will be on your side.
Actions (and who will do them):

Advocate’s name:

Advocate’s contact details:

Website: voiceability.org