

Who can get an advocate?

You may be able to get an advocate if you are:

- An adult who needs care and support.
- A carer of an adult, or a carer of a child in transition.
- A young person and you are approaching the transition to adult care and support.

Whatever your living situation, you can receive support from an advocate; whether you live at home, in a care home, in hospital or you are in prison.

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 totalvoicelincolnshire.org
Mychoicemycare.org.uk

Need this leaflet in another format?

Contact the Total Voice team and we will help you to get the information you need.

Care Act Advocacy

Do you need help to be involved in decisions about your care and support?



Independent

Free

Confidential

We can help you to get your voice heard and understand your rights

Total Voice Lincolnshire is a partnership led by VoiceAbility:



TotalVoice
Lincolnshire

VoiceAbility Charity number 1076630. Company number 3798884. Barnardo's Charity number 216250, Company number 00061625. Lincoln AgeUK Charity number 1078539, Company number 3777156.

Making sure you get the care and support you need

If you receive care services, such as care in your home or residential care, or if you need to receive these services, you may have the right to independent advocacy.

Advocates can help you understand your rights and the choices you have. They can also assist you to speak up about the care you receive.

You may get an advocate if you find it very hard to:

- Understand what is happening and the choices that you have.
- Decide what care and support you need.
- Tell people what you want.

Advocacy is available during your:

Care and support assessments	Care and support planning
Care and support reviews	Safeguarding processes

You are eligible for an advocate if you find being involved in these very hard and you do not have a friend or relative who can help make sure you are involved.



What will your advocate do?

Independent advocates support you to make your own decisions and be involved in discussions about your care and support.

An advocate can support you to speak up, or they might speak up on your behalf if you need them to.



An advocate can help you to:

- Understand what is happening.
- Understand information.
- Understand your options and make decisions.
- Tell people what you want.
- Make sure your rights are respected.
- Challenge decisions that have been made about you if you don't agree with them.

Decisions about your care and support will consider your wellbeing and what is important to you and the people you care about.

