

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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Need this leaflet in another format?

Contact us 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

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

Confidential



When can an advocate help you?

If you need care and support services, or support someone who does, you may have the right to independent advocacy.

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

Advocacy is available during:

Care and support assessments

Care and support planning

Care and support reviews

Safeguarding processes

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, then you may be eligible for an advocate.



What will your advocate do?

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



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.

