

Who can get an advocate?

- An adult who needs care and support.
- A carer of an adult, or the carer of a child/young person moving on to adult care and support.
- A child/young person who is moving on to adult care and support.
- A child/young person who is a carer.

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.

 0191 917 9964

 totalvoicesunderland@voiceability.org

 voiceability.org/sunderland

Need this leaflet in another format?
Contact us and we will help you to get
the information you need.

Care Act Advocacy

Care and
support
planning

Care and
support
assessments

Care
reviews

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

Safeguarding
enquiries

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 planning	Care and support assessments
Care reviews	Safeguarding enquiries and safeguarding adults reviews

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.

