Who can get an advocate from us?

An adult in University Hospital Lewisham who needs care and support and does not have any appropriate, able and willing family or friends to support the person’s active involvement.

Contact us:

- 0300 330 0642
- uhladvocacy@voiceability.org
- voiceability.org/lewisham

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

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

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:

<table>
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<th>Care and support planning</th>
<th>Care and support assessments</th>
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<td>Care reviews</td>
<td>Safeguarding enquiries and safeguarding adults reviews</td>
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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.