

## STATUTORY ADVOCACY

Individuals are entitled, by law, to Statutory Advocacy and must be offered an appropriate Independent Advocate if they are being cared for or treated under the Mental Health Act, Mental Capacity Act or the Care Act.

- **Independent Mental Health Act Advocates (IMHA)** help people whose treatment is under the Mental Health Act.
- **Independent Mental Capacity Advocates (IMCA)** support people who lack mental capacity, and do not have friends or relatives to help them make important decisions regarding their care or treatment.
- **Independent Care Act Advocates (ICAA)** support people during assessment, planning and review of their care and through safeguarding processes.
- **Relevant Person's Representatives (RPR)** ensure that the rights of people assessed as being deprived of their liberty are protected, under the Mental Capacity Act Deprivation of Liberty Safeguards.

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ALL OUR INDEPENDENT  
ADVOCATES PROVIDE  
**GENERIC ADVOCACY AND  
IMHA SUPPORT**

## HEAD OFFICE

Advent Advocacy  
Suite 2:7 Business Central  
2 Union Square  
Central Park  
Darlington  
DL1 1GL

## EMAIL & TELEPHONE

01325 776 554  
info@adventadvocacy.co.uk

## ADDITIONAL CONTACT

Also available on:



## INDEPENDENT ADVOCATES GENERIC ADVOCACY



[adventadvocacy.co.uk](https://www.adventadvocacy.co.uk)

[info@adventadvocacy.co.uk](mailto:info@adventadvocacy.co.uk)

01325 776 554



# WHAT IS INDEPENDENT ADVOCACY?

Sometimes people find it difficult to explain their views, wishes or understand their rights. For people with a mental health challenge, being able to express themselves and ask the right questions can be more difficult and they often feel as if they have no voice when decisions about their care and welfare are being made by professionals in health and social care.

An Independent Advocate is a person who supports people to have their voice heard, so that they can contribute to the decisions being made about their care and treatment. An Independent Advocate will help a person to understand their rights and explain the choices available to them.



OUR ADVOCATES WILL HELP YOU TO **HAVE YOUR VOICE HEARD.**

## WHO DO YOUR INDEPENDENT ADVOCATES WORK FOR?

Your Independent Advocate works for Advent Advocacy. Independent Advocates do not work for the Local Authority, NHS, Health or Social Care providers. This means they are impartial and will represent your views, wishes and feelings. They are able to challenge organisations if your rights are not being considered.

## HOW CAN AN INDEPENDENT ADVOCATE HELP ME?

### An Independent Advocate can:

- Listen to you explain how you feel about your care.
- Help you to understand the care and support process.
- Challenge decisions about your care and support if you do not agree with them.
- Stand up for your rights.
- Write letters for you.
- Attend meetings with you.

### An Independent Advocate can support you during:

- Assessments
- Care and support planning
- Safeguarding and reviews

### An Independent Advocate will NOT:

- Make decisions for you.
- Tell you what you should do.
- Judge you.

## CAN I TALK TO AN INDEPENDENT ADVOCATE?

Yes. The service caring for you has an Independent Advocate who visits regularly and is available to all service users.

If you would like to meet with an Independent Advocate you can ask a member of staff at your service to refer you, or you can contact our office and ask for a meeting. Our contact details are on the front and back of this leaflet.

All our Independent Advocates offer **Generic Advocacy** and **IMHA support**, so the service is **available to everyone**, to help you understand and express yourself regarding your care and rights.

## WHAT IS A GENERIC ADVOCATE?

A Generic Advocate is a type of Independent Advocate who works with anyone being cared for by Health and Social Services or the NHS, even if they are not entitled to a Statutory Advocate (IMHA, ICAA, IMCA or RPR).

Generic Advocates will support people across a wide range of day-to-day issues affecting them.

When you meet your advocate, they will:

- Listen and understand the issues affecting you.
- Explain your situation and any processes currently in place to support you.
- Use your preferred method of communication.
- Tell you about your rights.
- Only act on instructions from you.
- Help you to self-advocate in the future.