



WHAT IS INDEPENDENT ADVOCACY?

An Independent Advocate supports people to have their voice heard and contribute to the decisions being made about their care and treatment. An Independent Advocate will help you understand your rights and explain choices available to you.



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 at the bottom of this page. Our Generic Advocacy 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.

WHO DO 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.

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