




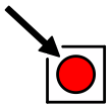
# Independent Advocacy


 Advocates **support**



 you
 
 to
 
 have
 
 a stronger
 
 voice
 +
 
 and to
 
 have
 as
 
 much
 control
 as
 
 possible


 over
 
 your
 
 life.


 Advocates are **independent**,
 
 which
 
 means
 
 they
 
 do
 
 not
 
 work
 for the
 
 hospital
 or
 
 service






 you
 are
 
 in.
















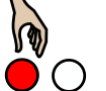


   
**Independent Advocacy**





**An Independent Advocate will:**

 **Listen** to you  **explain** how you feel  about your care. 


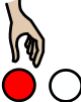



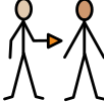


 **Support** you to explain your views and feelings about your care and treatment.       

 **Help** you to understand your rights and explain choices available to you.       






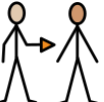
 **Independent**  **Advocacy**

 **An Independent Advocate can help you:**


 **•Challenge**  **decisions**  **about**  **your**  **care**  **if you**  **do not agree**  **with it.**


 **•Stand up**  **for your**  **rights.**

 **• Write**  **letters**  **and**  **speak**  **to people**  **if you**  **ask**  **them to.**

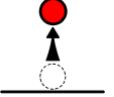


 **•Attend**  **meetings**  **with**  **you.**





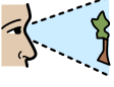

  
**Independent**

  
**Advocacy**



      
•Support you to make informed decisions.

    
• Raise concerns or complaints.

   
•Access information.

     
•Ensure your views are heard.


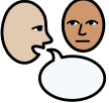
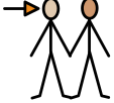



 **Independent**  **Advocacy**







**You can:**


  • **Meet with an Independent advocate in private.**

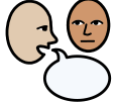


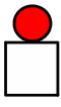
    • **You can talk to them confidentially.**





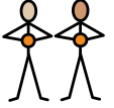




   
**Independent Advocacy**

**To meet with your Independent Advocate you can:**  
     

•  **Ask**  **a member of**  **staff**  **caring for**  **you**

•  **Contact**  **our**  **office**  **on** **01325 776 554**

•  **Visit**  **our**  **website** **and**  **use**  **our**  **accessibility**  **tool** **[www.adventadvocacy.co.uk](http://www.adventadvocacy.co.uk)**