

# Fact Sheet on: Independent Advocacy



## How to get in touch:

Ceartas Advocacy  
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### Telephone:

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### Email:

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### Website:

[www.ceartas.org.uk](http://www.ceartas.org.uk)

### Social media:



(pronounced Kier-tis) is a Gaelic word for equality, fairness and justice.

Ceartas is a company limited by guarantee No 264199. Recognised as a Charity in Scotland No SCO35269.

## What is independent Advocacy?

Independent Advocacy is about making sure that the views and opinions of individuals are heard and respected. Our staff can act as representatives for people who would like support in expressing their opinions which sometimes means the worker will speak up on the person's behalf and/or will just be there in a supporting role and sit alongside the person as they speak up for themselves. Independent Advocacy is a way to help you to make your voice stronger and to have as much control as possible over your own life. We do not make decisions on your behalf and we will not put words in your mouth. We will help you get the information you need to make good choices and give you the help you need to express yourself clearly. Independent advocates do not work for hospitals, doctors or social work services and you do not have to pay for advocacy. Our advocacy is independent because we are not employed by the people who provide other services.

## Who we work with

Ceartas works with adults (people over the age of 16 years old) in East Dunbartonshire. We treat the following groups as priority:

- Older people
- People with dementia
- People with mental health issues
- People with learning disabilities
- People with physical disabilities
- People with sensory impairment
- People with acquired brain injury
- People with additional communication needs

Once a person has been referred to our service we allocate cases to our Advocacy workers. Once this happens your allocated Advocacy Worker will contact you to arrange a meeting. Our Advocacy workers will then spend time with the person that was referred to understand their wishes and help them with any issues they may be experiencing.

## Continued

### How can we help?

We provide issue based advocacy to the person which means we will advocate and support them with a particular issue that is affecting them. Once the Advocacy worker has established what it is that you require help with they can:

- Help you prepare for meetings and give you the right information you need
- Attend meetings either on your behalf or with you so you feel that your views are being heard
- Contact others involved in your care or treatment
- Always keep you informed of, and involved in, what is happening
- Understand the choices available to you
- Put your views forward to others
- Ensure that others listen to you
- Communicate with other important people in your life
- Obtain the care and services to which you are entitled.

### How do I get an Advocacy Worker?

Our service is free for all adults who live in the East Dunbartonshire area. There are many ways in which you can refer to our service:

- You can contact Ceartas Advocacy yourself on **0141 775 0433**
- Complete our online form on our website [www.ceartas.org.uk](http://www.ceartas.org.uk)
- Family members or carers can make a referral on your behalf.
- Your Social Worker, GP, Support worker, Community Nurse or, any other professional involved with you, can also contact us on your behalf to make a referral.

### Further Information



Ceartas Advocacy is a member of the [Scottish Independent Advocacy Alliance](http://www.siaa.org.uk) (SIAA), and is guided by the SIAA's principles and values. The SIAA promotes, supports and defends the principles and practice of Independent Advocacy across Scotland. To find out more about the role of advocacy or further information about what the SIAA do please visit their website [www.siaa.org.uk](http://www.siaa.org.uk).