

Understanding Advocacy









WHAT IS ADVOCACY?

Independent
Advocacy helps
make your
voice stronger

It helps you have as much control over your life as possible



It is called
independent
because
advocacy
is separate
from services
such as
social work,
health and other
support services

ADVOCACY?

Always tries to find out what you want

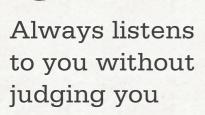
Helps you find out information about your options



Ensures you have time to think

about your choices

Helps you tell other people what you want to happen





EXAMPLES

Joan says: 'my advocacy worker listened to me at a time when I needed support and took the time to find out what I really wanted... when you are feeling low advocacy is a voice on your behalf.'



David says: 'it can be difficult to know the right things to ask.. professionals were meeting to discuss my future, my advocacy worker helped me think about what I wanted to tell them. I didn't want to go to the meeting so my advocacy worker took my views and spoke on my behalf.

WHY MIGHT I NEED ADVOCACY?

I have lots of people involved in my life so what is the difference between them an advocacy worker?

Social Worker – help you put the things you need in place



Community Psychiatric Nurse – a mental health expert to support you



care for your needs



Advocacy
Worker – helps
you understand
your options
before helping
you express
your needs and
opinions with
services.

WHAT IF YOU CAN'T TELL YOUR ADVOCACY WORKER WHAT YOU WANT?

Your advocacy worker can:

Talk to other people who are important in your life



Communicate
with other things like
Talking Mats,
iPADS,

Look at your rights in a situation

YOUR ADVOCACY WORKER CANNOT:

Make decisions for you or tell you what to do



Provide social support

Provide services that other services should



You can keep in touch with us and use advocacy again if you need to you can come to our groups like Still Game





If you want to make a complaint then contact us and we can help you do that.



ABOUT CEARTAS

We work with people who live in East Dunbartonshire
We get money from the government to provide advocacy
This service is free and won't cost you any money



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