



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

Always listens
to you without
judging you



EXAMPLES

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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 and an advocacy worker?

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

Community Psychiatric Nurse – a mental health expert to support you

Support Worker – helps 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



AFTER ADVOCACY

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

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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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