



Self-Directed Support and Advocacy.

**A Guide for Adults living
in East Dunbartonshire.**



What is Independent Advocacy?

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. Advocacy Workers do not make decisions on your behalf and they will not put words in your mouth. They will help you get the information you need to make good choices and give you the help you need to express yourself clearly.

Independent Advocacy is there to help you decide what you want to say and then help you to say it. Our Advocacy Workers do not work for hospitals, doctors or social work services: our Advocacy Workers represent you and will help you to make your voice heard.

Ceartas Advocacy Workers are not qualified in law. If you need legal representation we will be happy to help you find a lawyer.

What is Self-Directed Support?

Self-Directed Support allows people choice, control and flexibility in the way their support meets their needs. You can decide who supports you, when they support you, and what type of support suits you.

There are a number of ways to manage Self-Directed Support and someone from the local authority will explain these to you.

If you choose to use Self-Directed Support, you will work with someone from the local authority to identify your support needs and outcomes. You can involve others in this process, including an Advocacy Worker from Ceartas.

How can Ceartas Advocacy help me?

Our Advocacy workers can help you to:

- 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.

What could an Advocacy Worker do?

- Support you through your assessment for Self Directed Support.
- If you need to attend any meetings, we can help you prepare for these, we can attend with you, or we can attend on your behalf.
- Contact others involved in your care.
- Always keep you informed of, and involved in, what is happening.

How do I get support from Ceartas Advocacy?

- You can contact Ceartas Advocacy yourself (contact details are at the back of this leaflet).
- Family members or carers can make a referral on your behalf.
- Your Social Worker, GP, Support Worker, Community Nurse etc. can also contact us on your behalf to make a referral.



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

This is what we wish to achieve and
promote as we support and represent
individuals in East Dunbartonshire.



Get in Touch...

By Letter

Ceartas Advocacy

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10 Donaldson Crescent

Kirkintilloch, G66 1XF

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E: info@ceartas.org.uk

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Connect Online @CeartasAdvocacy

This leaflet is available in other formats on request

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