

What does advocacy mean?



October 2024

What does advocacy do?



Advocacy helps your voice and views be heard.

Different types of advocacy



There are different types of advocacy. There is:

- self-advocacy
- peer advocacy
- one to one advocacy



Self-advocacy is learning or having the skills to have your say. This could be to say what you think or what you want to happen.



Peer advocacy is when people speak up about their problems or needs as a group.



One to one advocacy is when a person works with you to make sure your voice is heard.

They are called an **Advocate**.

One to one advocacy

This book tells you about **one to one advocacy**.



One to One advocacy means someone helps you speak up for yourself.

An **Advocate** is someone who helps you speak up for yourself.



Advocates **do not work for the Health Service or local council**; their job is to help and support you.



Advocates get lots of training so they can help people understand the law and get the services you need.



You can choose if you want an advocate or not



Advocates will not tell you what to do. They will not make decisions for you.



Advocates will not take other peoples sides or be mean to you.

They are there to voice your thoughts and wishes and support what you have to say.



Advocacy is free.

How can an Advocate help you?



Advocates can **help you speak up** about what care and support you want and need.



Advocates can support you to **talk to staff** about your care and support. This includes getting ready for meetings.



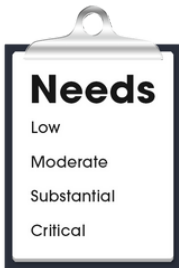
Your Advocate will **give you information** in a way you can understand. This will help you to make your own decisions about things that affect you.



This could be things like what medication you take or where you want to live



Advocates can help you when you have an **assessment** or a **review** of your care and support.



An **assessment** means when a Social Worker asks you lots of questions about what care and support you need. They use this information to decide what care and support you can get.



An Advocate can help you if you are **worried about abuse**. **Abuse** means when someone hurts you or treats you badly.



It is the law that any abuse must be reported to **Safeguarding**. **Safeguarding** is when people work together with you to keep you safe from harm and abuse.



If you would like help from an Advocate you can call us on **01924 454875**.

You can ask someone else to call us for you.



You can email us: **referrals@cloverleaf-advocacy.co.uk**



You can ask your social worker, doctor, carer, or other professional to contact us for you.

