

## What is Advocacy?

An Advocate will support you if:



You are finding it difficult to explain your wishes and feelings.



You feel you are not being listened too.



You want to make choices about your life



You feel vulnerable or that you could be at risk of abuse.

## You can use this service if you:



Have a learning, physical or sensory disability.  
Or a long-term condition or mental health need.



Or you are an older person aged 65 years or over.



You must also be a user of an adult social care service.

## How can your advocate support you?



An Advocate will communicate with you in a way that meets your needs.



They can help to say what you want at meetings.



They can help you to have your rights and choices and help you to have your voice heard.



They can support you to access information and signpost you to other services where required.