

An advocate's role



Advocacy means getting support from another person to help you express your views and wishes, and stand up for your rights.



Understanding rights

Advocates help people find out about their rights and how to stand up for their rights.

Exploring choices

Advocacy supports people to think about how different choices can affect them.



Advocacy tasks

Advocates support people to speak up in meetings, to write letters and to challenge decisions through complaints processes.

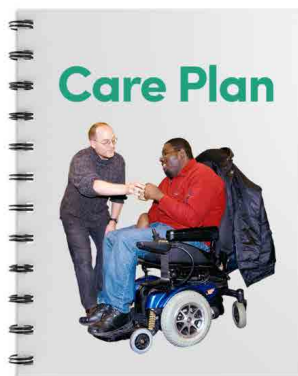
Not giving advice

Advocates keep their own views to themselves and do not give advice about what people should or shouldn't do.

Not making decisions

Advocates do not make decisions, these are made by people we support or by people responsible for decisions by law.





Part of the professional's role is to involve people in their care and support. In these situations each person will have a view of what is best for the person they support.



Independent advocates do not have a view about what is best so we can truly support a person to speak for themselves. They will empower the person to be part of any decisions and make choices about what they want.



An advocate's duties:

- make sure a person's views are heard and shared
- help the person to understand their rights or safeguard the person's rights.
- find out information about the person's options.
- support them to participate in their care and support
- support people to make their own decisions
- Support them to challenge decisions or challenge decisions on their behalf.