

What is an Advocate?



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What is an advocate?



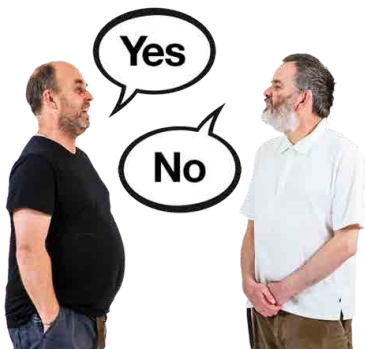
An advocate is there to speak up for you and your rights.



An advocate will help you to tell other people what you want to happen, now and in the future.



Advocacy is there to make sure people listen to what you want, when people are making decisions about you.

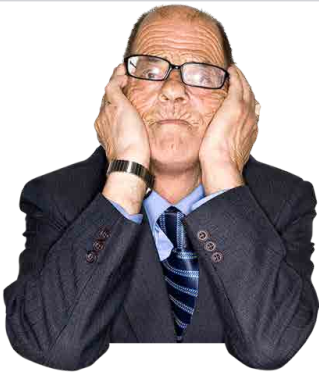


An advocate is independent from everyone else, they are there to find out your views, thoughts and ideas and help you share them with others.

What is an advocate?



An advocate can find out your views and wishes about where you live and if you are happy there.



An advocate can help you if you have any worries or concerns about where you are and the support you are getting.



Advocacy is about safeguarding (keeping you safe) you and your rights.



You can be an advocate, you can speak up for yourself, when you do this, it is called **self-advocacy**.



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