



# Advocacy means? What is an advocate?



Some of the ways an advocate  
can help you.

# What does advocacy mean?



**Advocacy** means having someone on your side, helping you to communicate your thoughts, feelings and wishes.



An **advocate** is someone who helps you to speak up for yourself. An advocate can also speak on your behalf if you find it hard to do this yourself.



You can speak to an advocate if you are not happy about something. For example:

- you may not be happy about the way someone has treated you,
- you may not like where you live.



- You may feel like you do not have a say in what is happening in your life.
- You want to have extra support at important meetings.

# Some of the ways an advocate can help you:



- an advocate can help you explain what you want to other people in your life including your family,
- help you explain things to your social worker and other professionals.



- An advocate can help you to have a say in how you want to live your life,
- help you find out what choices you have,
- help you to understand and make decisions about what might be happening in your life.



## Your advocate will help you by:

- listening to you,
- help you to think through problems,
- find information for you to help you make a choice,
- speak on your behalf if you do not feel able to at meetings.



## Other ways an advocate can help you:

- make sure that you understand what is said to you or about you,
- make sure that your thoughts, feelings and wishes are understood,
- protect your rights.