

Factsheet 12 — Advocacy, speaking up for yourself



Some people may struggle to be fully involved in important decisions about their lives and will need support.

East Riding of Yorkshire Council wants to make sure that independent advocacy is available for those who need this support and don't have anyone appropriate to provide it.

Advocacy is available to some people who experience substantial difficulty with understanding the local authority processes and safeguarding.

Sometimes it can be difficult to explain what you want, or what you think you need. Your views, wishes and feelings are important.

An advocate can help you to put your views across by helping you to work out what you want to say, or if you prefer, on your behalf.

Many people use friends and relatives as advocates, asking them to go along to meetings with them to give them support. But you might find that using an independent advocate will help you to express your views more independently.

An advocate can help you by:

- Talking about your problems with you and thinking about what you want to say
- Going with you to appointments with professionals to make sure your views are listened to and understood
- Helping you ask questions, and raising any concerns about your care
- Helping you to complain if you are unhappy about your treatment, or the services you receive
- Putting you in touch with other organisations who may be able to help you
- Helping you get the support you need to stay safe
- Supporting you to make decisions that might be difficult within your family, maybe where there are differences in people's views
- Supporting you and your carer or family with processes, paperwork and decision making.

If you would like to be put in touch with an independent advocate, you can contact customer services:

Telephone: (01482) 393939

Email: customer.services@eastriding.gov.uk