



**Advocacy Means:** Having someone on your side, helping you to share your thoughts, feelings and wishes.

- Independent advocacy aims to help people by supporting them to express their own needs and make their own informed decisions.
- Independent advocates support people to gain access to information and explore and understand the options available to them.
- We provide Independent Advocacy in accordance with the Mental Health (Care & Treatment)(Scotland) Act 2003.
- We provide Advocacy for adults who are at risk of harm.

**Examples of situations we support are:**

- NHS & Local Authority
- Mental Health Issues including Tribunals
- Adult Support and Protection
- Older Persons Issues
- Adults with Incapacity
- Child Protection ( incl - Looked After Child, Child in Need)
- Children's Hearings
- Additional Support for Learning
- Education
- Learning Disability
- Acquired Brain Injury
- Autistic Spectrum Disorder / Asperger's Syndrome

**Your Advocate will help you to talk to services by:**

- Listening to you
- Help you to think through problems
- Find information for you to help make an informed choice
- Protect your rights
- Help to take control of your circumstances
- Help you to understand and make decisions about what might be happening in your life.
- Speak on your behalf if you do not feel able to.
- Make sure your thoughts, feelings and wishes are understood.
- Make sure you understand what may be said to you or about you.

Your Advocate will always ensure that you are treated with respect and dignity and that your choices, privacy and safety are respected at all times.