



What is advocacy?

WITH THE FAMILY PARTNERSHIP

WHAT IS AN ADVOCACY?

Advocacy means **speaking up, taking action, or representing someone's interests to create change or make sure their voice is heard.**

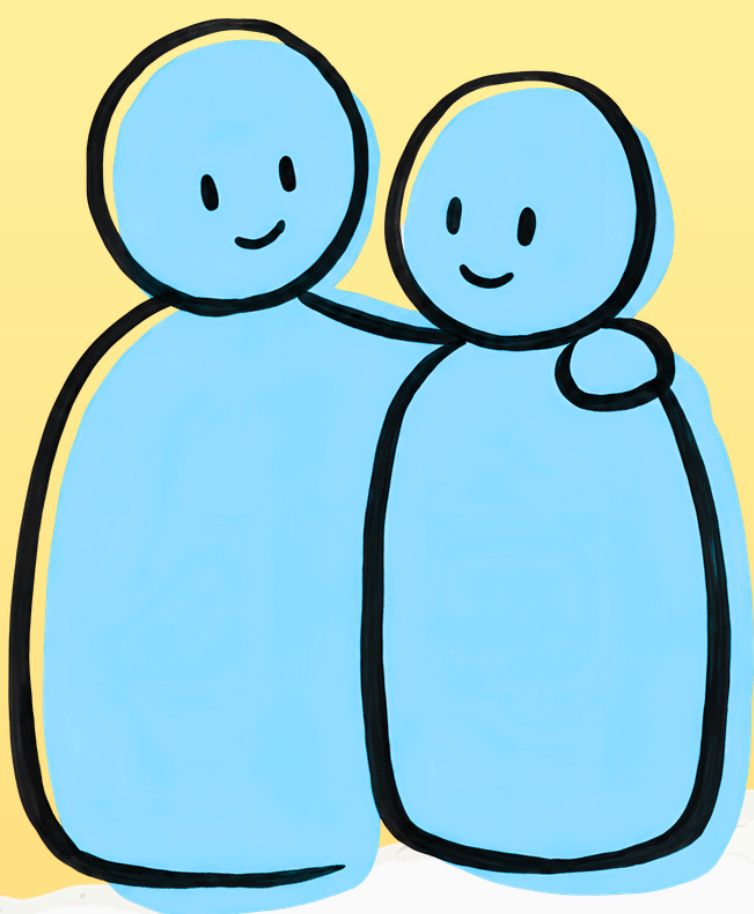
It can involve things like:

- raising awareness about an issue;
- explaining people's needs or rights;
- influencing decisions, policies, or services;
- supporting someone to speak for themselves;
- communicating with organisations, public bodies, or decision-makers.

WHAT IS AN ADVOCATE?

An advocate aims to **walk alongside a person through a difficult process or time in their life.**

An Advocate can **support you to understand your rights, and help you to feel included, listened to and understood.**



YOUR ADVOCATE CAN...



Support you in meetings



Help you prepare for meetings



Make sure you are being treated fairly



Support you to share your feelings and wishes



Help you understand paperwork



Support you to speak for yourself



Make sure people talk in a way that works for you



Help you to research things



Help you to set goals and achieve them

YOUR ADVOCATE CANNOT...



Fix things or do things for you



Tell you what to do



Do things without your say so



**Share things you tell you with others
(unless there are safety concerns)**



Give you advice



Support anything that is unlawful

