



The Role of an Advocate

The role of an advocate is to offer independent support to those who feel they are not being heard and to ensure they are taken seriously and that their rights are respected. It is also to assist people to access and understand appropriate information and services.

An advocate will ensure a person has the tools to make an informed decision; it is not about making the decision for the person. It is also about supporting the person to say what they want even if other people consider that they are making an unwise decision.

An advocate does not represent their own views but amplifies that of the person they are supporting. An advocate should also empower the person to advocate for themselves wherever possible. An advocate is not an advice worker but will support the person to gather, understand and process the information and advice they are given by others.