

Advocacy

Advocacy is an important service to support people to have their voices heard, their wishes respected and to feel equal in relationships with others so that they can feel empowered to speak up and be involved based on their own choices and views.

It supports people to have their rights upheld, to express their views and opinions, to make decisions about things that affect their life, and if necessary to represent people's views at meetings.

An advocate can help someone to:

- Understand what's happening at meetings or appointments.
- Be represented in meetings so their views are heard.
- Say what matters to them in meetings or sit alongside them to give them support.
- Understand their options.
- Make their own decisions.
- Be fully involved when decisions are being made that affect their life.
- Feel in control and equal to those around them.
- Make sure their legal rights and entitlements are understood and upheld.
- Look at ways to make them feel safe if they have been or are at risk of being harmed.

The person you're helping might want or need an advocate.

They can find help in their local area here:

www.agecymru.org.uk/advocacy

If the person you're supporting needs further help and is aged 50 or over they can contact Age Cymru Advice on **08000 223 444**, available 9:30am to 4:30pm, Monday to Friday, or email **advice@agecymru.org.uk**

If the person you're supporting needs further help and is aged under 50, they can call Citizens Advice on **03444 77 20 20**, available 9am to 5pm, Monday to Friday, or visit **www.citizensadvice.org.uk/wales/**

Eiriolaeth

Mae eiriolaeth yn wasanaeth pwysig i gefnogi pobl i leisio'u barn, mynnu parch i'w dymuniadau a theimlo'n gyfartal mewn perthnasoedd ag eraill fel y gallant deimlo'n ddigon cryf i ddweud eu dweud a bod yn rhan o'u dewisiadau a'u safbwyntiau eu hunain.

Mae'n cefnogi pobl i gefnogi eu hawliau, mynegi eu safbwyntiau a'u barn, gwneud penderfyniadau am y pethau sy'n effeithio ar eu bywyd, ac os oes angen, cynrychioli safbwyntiau pobl mewn cyfarfodydd.

Gall eiriolwr gynorthwyo rhywun i:

- Ddeall beth sy'n digwydd mewn cyfarfodydd neu apwyntiadau
- Cael cynrychiolaeth mewn cyfarfodydd er mwyn i bobl wrando ar ei safbwyntiau
- Lleisio beth sy'n bwysig iddo mewn cyfarfodydd neu eistedd wrth ei ochr i'w gefnogi
- Deall ei opsiynau
- Gwneud ei benderfyniadau ei hun
- Bod yn rhan o'r broses gwneud penderfyniadau sy'n effeithio ar ei fywyd
- Teimlo mewn rheolaeth ac yn gyfartal i'r rheiny o'i gwmpas
- Sicrhau bod ei hawliau a hawliadau cyfreithiol yn cael eu deall a'u cefnogi
- Edrych ar ffyrdd i wneud iddo deimlo'n ddiogel os yw wedi'i niweidio neu mewn perygl o gael ei niweidio

Gall yr unigolyn yr ydych chi'n ei gefnogi fod eisiau neu angen eiriolwr, gall ddod o hyd i gymorth yn ei ardal leol yma:

www.agecymru.org.uk/advocacy

Os yw'r unigolyn yr ydych chi'n ei gefnogi angen rhagor o gymorth ac yn 50 oed neu'n hŷn, gall gysylltu ag Age Cymru Advice ar **08000 223 444**, ar gael rhwng 9:30am a 4:30pm, ddydd Llun i ddydd Gwener, neu e-bost **advice@agecymru.org.uk**

Os yw'r unigolyn yr ydych chi'n ei gefnogi angen rhagor o gymorth a dan 50 oed, gall gysylltu â Cyngor ar Bopeth ar **03444 77 20 20**, ar gael rhwng 9am a 5pm, ddydd Llun i ddydd Gwener, neu fynd i **www.citizensadvice.org.uk/wales/**
