

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 **0300 303 44 98**, available 9:00am to 4:00pm, 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 **0800 702 20 20**, available 9am to 5pm, Monday to Friday, or visit www.citizensadvice.org.uk/wales/
