

Your advocate is called a 'Care Act advocate'.

Your advocate can help you have your say in decisions about any care and support you may need.

For example, they can help with:

- an assessment
- care planning
- a care review
- a safeguarding process (this is when someone thinks you need to be kept safe from harm)

Your advocate can help you to:

- understand and prepare for meetings and reviews
- tell people what you want
- challenge decisions you don't agree with

Advocates make sure that social workers listen to you. This does not mean your social worker will always do what you want them to. But your advocate will be on your side.

Your advocate's name:

Your advocate's contact details:

What your advocate is supporting you with:

What your advocate is going to do next:

What you're going to do next:

You're going to talk to your advocate again on:

Website: voiceability.org