

Your advocate is called an ‘Independent Mental Capacity Advocate’ (IMCA).

Your advocate can help make sure you are involved in decisions about:

- where you live
- serious medical treatment you may need
- care you may receive
- how to keep you safe

Your advocate can help you to:

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

Advocates help to make sure that doctors and social workers listen to you. This does not mean your doctors and social workers 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