

Help to have your say

**When adults are making
decisions that affect you,
we'll help you be heard**



How we can help



An advocate can make sure that adults ask you what you want and listen to you.



An advocate can help when there are decisions to make about:

- where you live



- the care and support you get



An advocate is not part of the council.

What does an advocate do?



An advocate can help you:

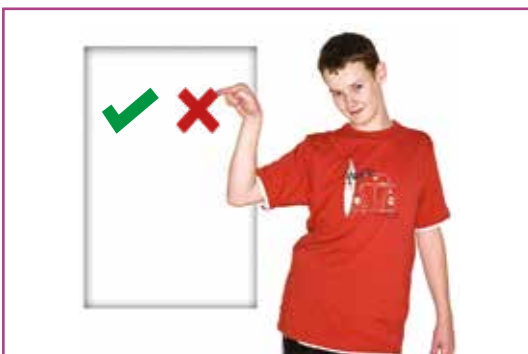
- understand your options



- decide what you want



- tell people what you want



- complain if things aren't fair



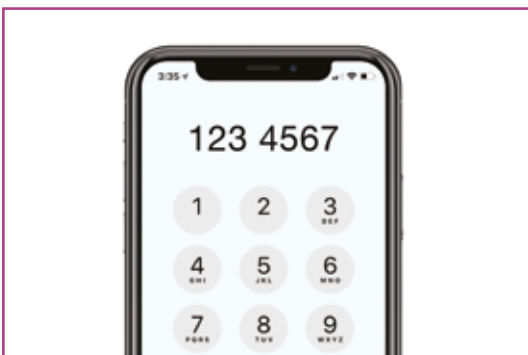
If you want, an advocate can

- come with you to meetings
- talk to other people for you

Can I get an advocate?



To find out if we can help you, ask your social worker or healthcare professional.



Or contact us.

Call us free on 0300 303 1660



Email helpline@voiceability.org or visit our website voiceability.org/referral