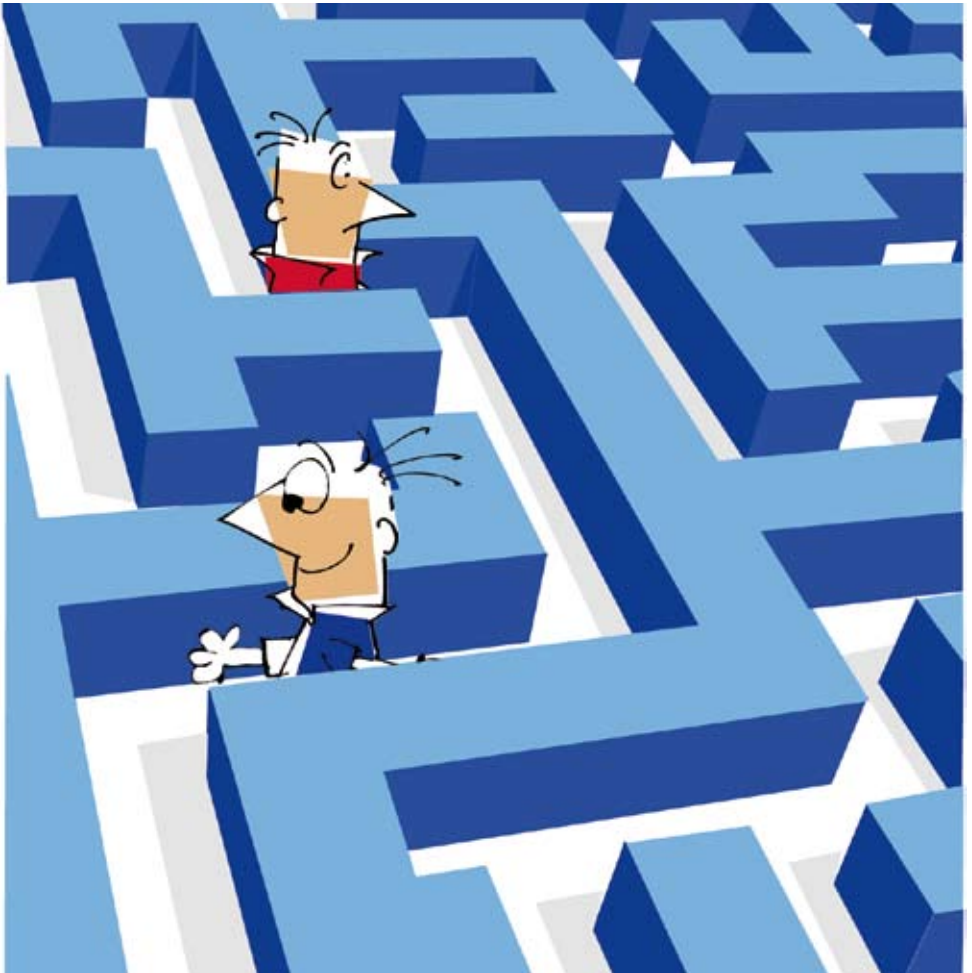


**partners**  
in  
**advocacy**

# **Advocacy**

a guide....



## What is advocacy ?

Advocacy is a way to make people's voices stronger and to try to ensure that they have as much control as possible over their lives.

Advocates add weight to people's views, concerns, wishes and rights by:

- Helping people to make decisions about what they want
- Making sure they have the information they need and understand the options and their consequences.
- Making sure that people listen to them and take their views into account.
- Speaking up for them or helping them to speak up for themselves.
- Standing up for them if things are not right or need to change.

## Advocacy is not

- Giving people advice or persuading them or telling them what to do.
- Getting them to do what other people want them to do
- Complaining, although we may support people to make effective complaints themselves.
- Providing social support such as managing people's budgets or taking them on outings.

## What can we do?

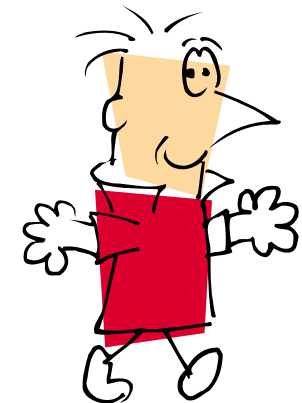
Advocates can support people on a wide range of issues such as social or health care, housing, education, transition, legal issues, employment and tribunals. They may attend meetings or reviews, make phone calls, write letters, make sure that things that are agreed are followed up, encourage people to advocate for themselves, help them make plans and support them through changes.

## Types of Advocacy

**Short-term professional advocacy:** Paid or volunteer advocates who work with a caseload of clients on particular issues for a few weeks or months.

**Citizen advocacy:** Unpaid advocates matched one-to-one with a partner whom they support on a variety of issues on a long-term basis. Citizen advocates may also help their partners to develop social networks and be included in their community.

**Self-advocacy groups/collective advocacy:** People are supported to come together to explore issues of common concern and support one another to make plans and take action.



Contact us for more information about how to get an advocate.  
Details of how to get in touch with us are on the back page of this leaflet.

## Partners in Advocacy

Partners in Advocacy provides advocacy in Edinburgh, Midlothian, East Lothian, Dundee, Glasgow and East Renfrewshire. Advocacy may be long-term citizen advocacy, short-term issue-based advocacy, or self-advocacy groups. Some advocacy is for adults who use learning disability services and some is for children and young people with additional support needs and mental health problems. For details of which kinds of advocacy are available in your area, contact one of the numbers below.

Some of our advocates are paid and some are volunteers.

We welcome volunteers to become involved in our work, as advocates or supporting us in other ways.



*.....Advocacy is free and confidential.....*



Please call