Independent Advocacy



An independent advocate is a professional who gives free help if you find it hard to understand or join in with the care process.

- They help when no family or friends can help.
- They help you know your rights and help you to speak up, or they can speak for you.
- They help you decide on your care choices.

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You can get this support in lots of situations including:

- During social care assessments
- Adult Social Care Safeguarding and reviews
- Deprivation of Liberty Safeguards

There are also some specialist advocates:



Independent Mental Health Advocate – for some special cases during a mental health act assessment.



Independent Mental Capacity Advocate – for people who can't make their own decisions.

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How can I get an independent advocate?



Talk to your social care worker.

They can guide you on who can help.

In Staffordshire, the official advocacy provider is called ASIST:



www.asist.co.uk



enquiries@assist.co.uk



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