

Independent Care Act Advocacy



A Care Act Advocate can help you be involved in decisions about your care and support.



How can an advocate help you?

A Care Act Advocate can help you to:

- Understand what is happening
- Understand information
- Understand your options
- Tell people what you want
- Make sure your rights are respected



When can an advocate support you?

An advocate can support you during:

- A care and support assessment
- A care and support planning process
- A care and support review
- A safeguarding process

Our advocacy service is:



Independent



Impartial



Free



Confidential



Why do you need an advocate?

You may need an advocate if you are an adult who needs care and support and you find it very hard to:

- Understand what is happening and the choices you have
- Decide what care and support you need
- Tell people what you want

AND

You do not have any friends or family available (or who feel able) to support you.



How can you get an advocate?

If you think you need an advocate, you can talk to Waltham Forest Council and ask about getting Advocacy support. They will contact an advocate if you need one.

Citizens Advice Waltham Forest – contact details

220 Hoe Street, Walthamstow, London E17 3AY

Telephone: 0300 330 1175

Email: admin@citizensadvicewalthamforest.org.uk

Website: www.citizensadvice.org.uk/local/waltham-forest/