

# Rethink

Advocacy



# Welcome to Rethink Advocacy



This leaflet tells you what  
help you can get from us

## Welcome



We have been told that you need some help from an **advocate**.



An advocate will try to help you to sort out the problems that you need support with.



They will support you to speak up for yourself or speak up to other people for you.

# What an advocate can do for you

An advocate is someone who can:



- listen to you to understand your problems

This can help you to work out what to do about them.



- speak up for you when you feel you can't do it yourself



- help you feel more in control



- support you to speak up for yourself

## Things an advocate can't help you with



- give you advice or make decisions for you



- solve all your problems



It is important to remember that an advocate is not your friend or your support worker.

# Working with your advocate



We will ask you to sign some forms to say an advocate can work with you. We have to do this by law.

These are the forms we will give you and ask you to sign:



## Authority to Share form

This form says you are happy for us to speak up for you.



## Consent form

This form is to say you are happy for us to keep information about you on our computer.

**About you**

Your name

Address

Phone

This might be things like your name, address, why you need an advocate.



Please talk to us if you are worried about signing the forms.



## What happens next

Your advocate will talk to you about how you will keep in touch with each other.



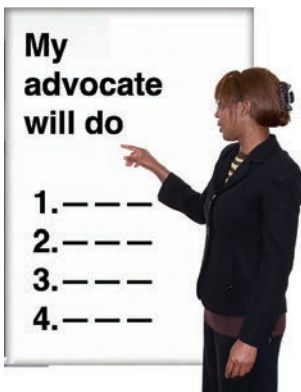
When you first meet your advocate they will ask you what you want help with.



Together you will make a plan of what to do. This is called an **Advocacy Plan**. You will get a copy of the plan.



Together we will decide what things on the plan you can do by yourself. But your advocate will help you if you feel you need it.



Decide what things your advocate will do for you. This might be things like talking to other people about your problem.



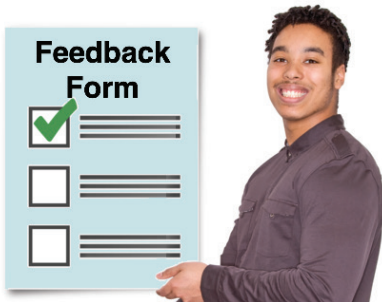
Your advocate will tell you what they have been doing for you.



Our work with you will finish when your advocate has helped you talk to all the people you needed to.



We will check that you are happy with the work we have done for you.



We will do this by asking you to fill in a form. This is called a **Feedback Form**.



We can help you to fill in the form.



# How to contact us



**Phone:**



**Email:**



**Website:**



**Facebook:**



**Twitter:**