

# Advocacy



**An Easy Read Guide**



An advocate is someone who helps you speak for yourself or speak for you.



An advocate helps you understand your rights.



An advocate helps you communicate your wishes



An advocate does not give advice or make your decisions for you.



An advocate is there to support you.

They do not represent the council, providers or anyone else.



If you have a family member or friend who knows you well, they can advocate for you.



If you do not, there are other types of advocates -



## Care Act Advocate

If you have a significant difficulty taking part in Care Act processes, like assessment, care and support planning, or review, you are entitled to a Care Act advocate.



A family member or friend who knows you well can be your Care Act advocate.



If you do not have anyone to be your Care Act advocate, the council will arrange one for you.



They will be from an independent advocacy organisation.



They have Easy Read information on their website here - [EasyRead | POhWER](#)



# Independent Mental Capacity Advocate (IMCA)



Sometimes, people cannot understand information they need to make an important decision.



This means they do not have 'Capacity' to make that decision.



Some important decisions need to be made for people who do not have capacity.

For example -



- Having a medical treatment



- Moving home



These decisions must be made in the persons 'best interest'.



People have a right to an advocate to support the best interest decision.



If they do not have family or friends to advocate for them, they will be given an Independent Mental Capacity Advocate (IMCA)



You can also download a helpful NHS [Easy Read Guide to the Mental Capacity Act](#) (PDF).



## Citizen Advocate.

A citizen Advocate is a volunteer who take time to get to know you.



They would offer long term support to help you speak up and make the most of life.



## Useful Links



[Local Enfield Advocacy Partnership](#) (LEAP) offer individualised advocacy support, group advocacy, self-advocacy and rights-based training, service user involvement, and community empowerment. (Not Easy Read).



The National Development Team for Inclusion have made an [Easy Read Advocacy Charter](#).