



**Digital  
Advocacy Hub**

# **Understanding advocacy**



**Easy  
Read**

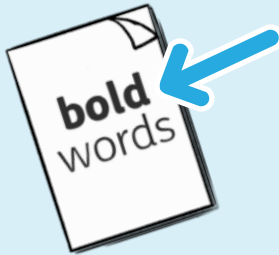
# Easy Read



This is an Easy Read version of some information. It may not include all of the information but it will tell you about the important parts.



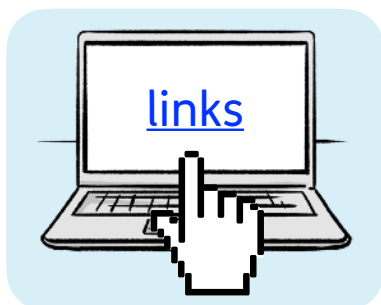
This Easy Read booklet uses easier words and pictures. Some people may still want help to read it.



Some words are in **bold** - this means the writing is thicker and darker. These are important words in the booklet.



Sometimes if a bold word is hard to understand, we will explain what it means.



Blue and underlined words show links to websites and email addresses. You can click on these links on a computer.

# What is in this booklet

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# About this booklet



This information is from the n-compass Digital Advocacy Hub.

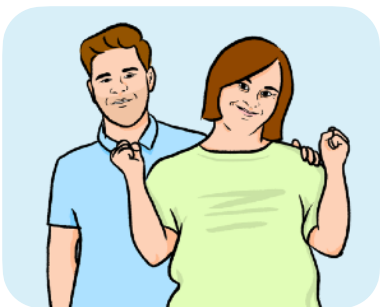


It is about **advocacy** in health and social care.

**Advocacy** means speaking up and having your voice heard.



If you speak up for yourself this is called **self-advocacy**.



If you cannot speak up for yourself, you may have a person who helps you to speak up or speaks up for you.

This person is called an **advocate**.



Your advocate can also help you understand decisions about your health and social care.



This booklet will tell you more about advocacy and working with an advocate.

# Making decisions with an advocate



You and your advocate can work together to try and find out what is best for you.



When other people are deciding things for you, they might not choose the very best option.

The decisions they make for you should always be good enough for you.



Your advocate can help you understand your **rights** when they help you understand a decision.

**Rights** are things that every person should have by law.

# Your rights

Your rights include:



- The right to be safe and respected.



- The right to make your own choices.

In health and social care, your rights include:



- The right to make some decisions about your care and how you get it.



- The right to be treated well and helped to stay healthy.



Your rights are very important because they stop other people from taking control of parts of your life.



Everyone has these rights no matter who they are.



Everyone should make decisions that support your rights. They should not try to take away your rights or force you to give up your rights.



# Self-advocacy



**Self-advocacy** means you speak up for yourself.

You might speak up for yourself by:



- Talking about your decisions out loud.



- Writing your decisions down.



To be able to self-advocate, you need to be able to explain to other people what you think and feel.

You also need to be able to:



- Listen to other people so that you understand what they mean.



- Think about what other people have said before you reply to them.

## Being confident



Some people find it hard to speak up for themselves because they do not feel confident.



You may feel anxious or worried about speaking up.



To help you feel more confident about speaking up, you can plan what you

are going to say.



Imagine you are about to take part in a meeting about your health and social care.

To get ready, you could:



- Think about or write down all the information you want to share.

You could make a **mind map** - a **mind map** is where you write down all your different ideas.



- Choose what you are going to say.



- Decide what order you are going to say everything in.

# Going to meetings



When you are with other people, you should try to listen to them carefully.



If someone else says something in a meeting that upsets you, try to stay calm and wait until it is your turn to talk.



Arguing with someone is not a good way of speaking up for yourself.



If you are in an important meeting about your health and social care, you may want to take notes.

This will help you remember what was decided at the meeting.

# Being listened to



Health and social care professionals should always listen to you and try to understand what is important to you.

You may not want to speak up to professionals because:



- They are helping you and you do not want to upset or annoy them.



- You think it will be hard or uncomfortable.

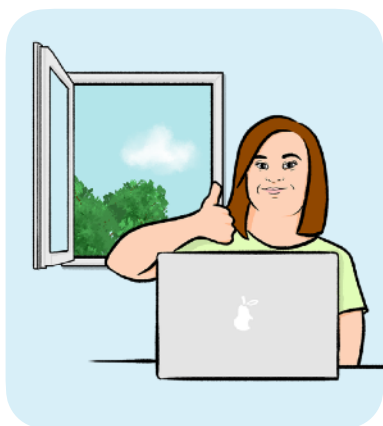


Try to remember that health and social care professionals are there to help **you**.



You have the right to speak to them about your health and social care.

# Find out more



The n-compass Digital **Advocacy** Hub gives free and fair information about lots of different parts of life.

Remember, **advocacy** is helping people to speak or speaking up for them.



n-compass runs advocacy services across the north of England.



You can find out if we run services near you on our website:

[www.n-compass.org.uk/our-services/advocacy](http://www.n-compass.org.uk/our-services/advocacy)



Or you can speak to us using the Sign video website:

[www.ncompass.signvideo.net](http://www.ncompass.signvideo.net)

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