



# Independent Care Act Advocacy in South Glos



## Easy Read Guide

# What is Independent Advocacy under the Care Act?



**The care act is a law about care and support for adults in England.**



**The Care Act makes sure that the council involves you when your care and support is being looked at.**



**This means that the council must make sure you have someone to support you if you find it difficult to have a say in your care.**



**An advocate will help you if you don't have anyone to support you.**

# The council must offer you an advocate if:



**You have trouble understanding information about decisions you need to make.**



**You have trouble remembering information.**



**Confused**

**You find it difficult to know the good and bad points when making decisions.**



**You find it hard to tell people your views, wishes and feelings.**

# What is an Advocate?



**An advocate is there for you.**



**They help you to understand your rights under the Care Act.**



**They help you be in control of your own safety.**



**They support you to understand how your care and support needs can be met.**

# An advocate will work with you:



**To help you to make decisions about your care and support.**



**To help you tell others your views, needs, wishes and feeling and what you want.**



**To support you at meetings and to talk with your professionals.**



**To help you to challenge a decision made about you by the council that you are unhappy with.**

# How to get a Care Act Advocate?



**The health and social care professional you are working with is the person who will tell us that you need to have a Care Act Advocate.**



**You can tell your health and social care professional that you want an advocate to support you at any point.**



**The health and social care professional will send a referral form to us, if you are having difficulties and have no one to support you.**



**After they have told us that you need support for an assessment or meeting, an advocate will get in touch and arrange to meet you.**





# Important words:



## Advocacy

This is about understanding your rights and choices.



## Advocate

An advocate can help you get your voice heard.



## Care or Support Plan

A care or support plan is a document that says what needs to be done to support you.



## Care or support plan review

A care or support plan review is a check to see if your care and support needs are met or have changed.

# Important words:



## Needs Assessment

A Needs Assessment is a record of what you need support with and what you can do for yourself.



## Safeguarding

Safeguarding is there to keep you safe. This is done by group of professionals called the Safeguarding team.



## Carers Assessment

A Carers assessment helps to make sure that carers needs are met, and they can get the support they need.





## Contact us:



**Phone us on:**

**0333 344 7928**



**Send us an email to:**

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**Send us letters to:**

**Swan Advocacy,**

**Hi Point, Thomas Street,  
Taunton, Somerset, TA2 6HB**



**Visit our website:**

**[www.swanadvocacy.org.uk/southglos](http://www.swanadvocacy.org.uk/southglos)**