SWAN
South West Advocacy Network

Independent Care Act Advocacy in Portsmouth

Easy Read Guide

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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.

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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.

Portsmouth CITY COUNCIL

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.

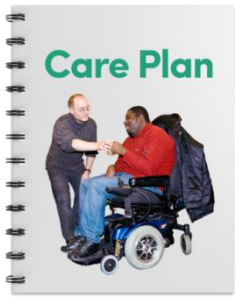
Important words:

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.

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