SWAN
South West Advocacy Network

Independent Mental Capacity Advocacy in Portsmouth

Easy Read Guide

Advocacy QPM AWARD

What is Independent Mental Capacity Advocacy (IMCA)?

An Independent Mental Capacity Advocate known as an IMCA is someone who speaks up for you.

An IMCA is there to help when important decisions have to be made about you by the NHS or Portsmouth City Council.

Doctors, care home managers and health or social care professionals must get you an IMCA if:

- **You are not able to make a decision yourself**
- **You do not have anyone who can help you make that decions.**

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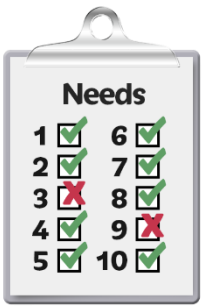
The decisions an IMCA can help you with are:

Serious medical treatment like an operation, dental treatment, a do not attempt to ruscitate decision or decisions about how you would like to be treated when in hospital.

Decisions about where you will live, whether this could be a care home, or your own home, or supported living home.

Decisions that are being made to keep you safe. This could include how you manage your money, what activities you are doing, or how you are spending time with people.



Decisions around your support plan, and that where you live meets your needs.

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How will an IMCA get to know you?

An IMCA will talk to you and listen to you. They will try to get to know you and spend time with you.

Your IMCA will find out what you would like to happen.

Your IMCA will find out what you like and don't like.

Your IMCA will speak to you about any beliefs that you have and the things that are important to you.

Your IMCA will try to work out what you would choose if you were able to make the decision yourself.

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How will your IMCA help you?

Your IMCA will support you at meetings and can speak up for you when decisions are being made. This is to make sure that the best decision is made.

Your IMCA will talk to staff that work with you to find out what they think is best.

The IMCA will write a report about what you would like to happen, what they have found out and send this to the decision maker.

The decision maker will be from the council or a doctor. They must read the report and use it to help them make a decision.

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What your IMCA will do:

Your IMCA will meet you where you like, and talk to you about the decision that is being made and to find out what you want to happen.

Your IMCA will speak to you about looking your records which relate to the decision. This could be your care plan or medical records.

Your IMCA can speak to other people who know you or professionals for their views about the decision. This could be your social worker, support worker or GP.

Your IMCA can disagree with the decision, and ask for the decision to go to court. They can help you with meeting a lawyer who can represent you in court.

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What an IMCA can't do:

The IMCA doesn't decide if you can make the decisions for yourself. This will be your social worker or doctor who decides this.

The IMCA doesn't decide what happens. Your social worker or doctor will make the final decision on what happens.

Your IMCA will not tell you what to do. They will help you to think about what you want to happen.

Your IMCA will not give you advice. They will give you the information you need to find out what you would like to happen.

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BIG words

Safeguarding

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

Care or Support Plan

A care or support plan is a document that says what support you will have to meet your needs.

Medical Records

Medical records are all of the documents of when you have seen a doctor or been to hospital.

Do Not to Ruscitate Order (DNARCPR)

This is if you were to go unconscious, no one would try to keep you alive by doing CPR. CPR is when someone pushes on your chest and breathes in your mouth to help you breathe again.

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Contact us:

Phone us on:

0333 344 7928

Send us an email to:

portsmouth@swanadvocacy.org.uk

Send us letters to:

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

Visit our website:

www.swanadvocacy.org.uk/portsmouth