



# Independent Advocacy

## **Supporting Your Right to be Heard**

**A free, confidential & personal independent  
advocacy service for Carers**

Dumfries &

Galloway

Together is  
Better

## Independent Carer Advocacy

Independent advocacy is about supporting people to express their views and feelings about certain situations they find themselves in. Most importantly it helps ensure that people's views, opinions and wishes are listened to and taken into account when decisions are made about their lives.

An independent advocate can:

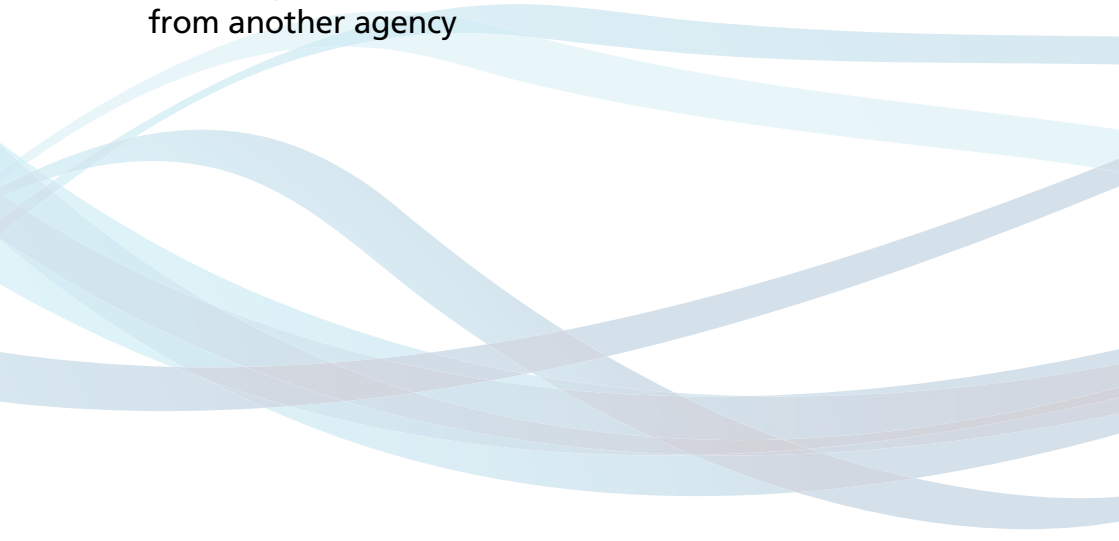
- ensure the Carer's rights are upheld
- help Carers to access early-intervention support to prevent crisis
- get the Carers' voice heard when dealing with professionals and others.

They can do this by giving the Carer clarity and confidence in relation to their rights and choices.

## Independent Advocacy is...

- About ensuring the rights of a person are upheld
- Listening to someone's point of view
- Understanding their situation and what may be stopping them from getting what they want
- Offering the person support to tell other people what they want or introducing them to others who may be able to help
- Helping someone to know what choices they have and what the consequences of these choices might be
- Enabling a person to have control over their life

## Independent Advocacy is not...

- Making decisions for someone
  - Mediation
  - Counselling
  - Befriending
  - Care and support work
  - Consultation
  - Telling or advising someone what you think they should do
  - Solving all someone's problems for them
  - Speaking for people when they are able to express a view
  - Filling all the gaps in someone's life
  - Acting in a way which benefits other people more than the person you are advocating for
  - Agreeing with everything a person says and doing anything a person asks you to do
  - Providing an alternative for poor or inadequate service from another agency
- 
- The bottom of the page features several overlapping, wavy, light blue lines that create a decorative, abstract pattern. The lines vary in opacity and thickness, creating a sense of movement and depth.

Dumfries and Galloway Advocacy Service has been delivering Advocacy across the region for over 20 years. They will work towards ensuring that you are treated with respect and dignity and that your choices, privacy and safety are respected at all times.

For free, confidential and independent one to one advocacy please contact:

**Dumfries and Galloway Advocacy Service**

**9 Church Crescent, Dumfries, DG1 1DF**

**Tel: 01387 247 237**

**info@dgadvocacy.co.uk**

**www.dgadvocacy.co.uk**

**For information on self advocacy [www.carersscotland.org](http://www.carersscotland.org)**

