

Support for carers: Advocacy



This easy read tells you about advocacy,
what an advocate is and how they can help
you.

What is an advocate?



An advocate is someone whose job it is to:



- Help you to manage your care.



- Speak up for yourself and be heard.



- Communicate clearly.



- Get information.



- Remember things that are important.

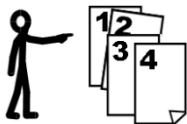
Advocates can help with:



- Getting information and services.



- Being involved in decisions about your life.



- Looking at different choices and options.



- Look after your rights and the things you must do.



- Speak out about things that matter to you.



- Be with you and speak for you if you are meeting with social workers, doctors, solicitors, banks and other professionals.



- Help you if you don't agree with your care worker.



- Help you when you leave or move into a home or day centre.



- Be a second voice when your care needs are being assessed or reviewed.



- Help you understand and remember important information.



- Help you use information in daily life.



- Complaining about NHS care or services.

Advocacy services in Nottingham City and Nottinghamshire County- POhWER.



POhWER provides advocacy services in Nottingham City and Nottinghamshire County.



POhWER's job is to help people who find it hard to get support or to say what they think and need.

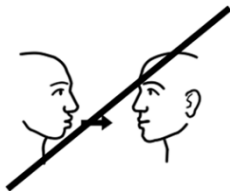


POhWER wants to:

- Give good quality advocacy.
- Give information and advice.
- Make people's voices heard.
- Make a difference in people's lives.



POhWER is a charity and their services are **free, independent and confidential.**



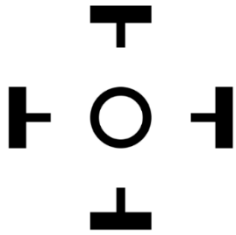
Confidential means they will not tell anyone else what you tell them.



They will only tell someone else what you have said if you or someone else are in danger if they don't tell anyone.



This is to help keep everyone safe.



Independent means they are not run by the government, local councils or the NHS.

Who can POhWER help?



- People with learning disabilities.



- People with physical disabilities.



- People with Autism.



- People with mental illnesses.



- People with sensory impairments.



- People with social or health care needs.

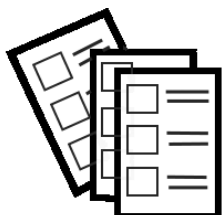
Contact details for POhWER



You can visit the [website](#).



You can phone POhWER on 0300 4562370.



We have lots of other documents about for support for carers in [our easy read library](#).

This document is part of a set of 19 documents about support for carers.

Links in this document

POhWER's website

pohwer.net/

Nottinghamshire County Council easy read library

nottinghamshire.gov.uk/global-content/easy-read-library

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