



## Factsheet

# Helping you get your voice heard: Independent Advocacy

An independent advocate can support you when you are dealing with difficult issues. An advocate can support you to make sure your views are heard and your rights are upheld when dealing with authorities like your council or the NHS.

This factsheet looks at what independent advocacy is, when it may be needed and how to get it.



Call free on **0800 319 6789**  
Visit **[independentage.org](https://independentage.org)**

## About Independent Age

At Independent Age, we want more people in the UK to live a happy, connected and purposeful later life. That's why we support people aged over 65 to get involved in things they enjoy. We also campaign and give advice on the issues that matter most: health and care, money and housing.

For information or advice – we can arrange a free, impartial chat with an adviser – call us on freephone **0800 319 6789** (Monday to Friday, 8.30am to 6.30pm) or email us at [advice@independentage.org](mailto:advice@independentage.org).

You can also support this work by volunteering with us, joining our campaigns to improve life for older people experiencing hardship, donating to us or remembering us in your will.

For more information, visit [independentage.org](https://independentage.org) or call us on **0800 319 6789**.

In this factsheet, you'll find reference to our other free publications. You can order them by calling **0800 319 6789** or by visiting [independentage.org/publications](https://independentage.org/publications).

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# 1. What is independent advocacy?

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Advocacy services help you communicate your views. Advocates can take action to secure your rights, represent your interests, request things you need and challenge decisions.

## What sort of things can an independent advocate do?

You might consider getting an advocate to:

- help you to express your views, wishes and rights, or speak on your behalf to family, carers or professionals when decisions need to be made that affect your life
- make sure you have all the information you need to make informed decisions and choices
- make sure your views and wishes are explained and fully considered by the authority you are dealing with, as well as making sure that your rights are understood and defended.



### Good to know

Usually, an advocate will be instructed by you. This means that you should decide what they support you with.

## Who pays for advocacy support?

Very often, support from an advocate is available free of charge.

In some situations, you will have a legal right to statutory advocacy services (see [chapters 5](#) and [7](#) for details). This is always free - you cannot be charged for these services.

## 2. Why independent advocacy is important

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### Helping you to get your voice heard

There can be lots of situations where it's hard for us to voice our opinions or challenge what's going on. For example, if:

- you, your relatives and health and social care professionals have different opinions on the best care or support for you
- you feel unable to influence the decisions that affect your life
- you're unhappy with your care and need to challenge the individual or organisations causing the problem.

Sometimes we're able to speak up for ourselves. But at other times this can feel intimidating and stressful.

An independent advocate can help you to overcome these challenges. The advocate will talk to you one-to-one and then support you to voice your views and wishes, or they can express them on your behalf.

The advocate will take the time to understand your situation, concerns and views. They should listen without judgement to you and provide a level of support that matches your wishes. Typically, this might include the advocate going with you to meetings or interviews to support you, or writing letters on your behalf.

## **Making decisions for people who lack mental capacity**

Independent advocacy can be incredibly important for people who have lost the mental capacity to make decisions for themselves. Non-instructed advocates can act on behalf of people who have lost mental capacity – acting to make sure decisions are made in that person's best interests. Call our helpline on **0800 319 6789** for information and advice about making decisions in someone's best interests.

Non-instructed advocates can also act with or for people who are unable to give a clear indication of their views or wishes in a specific situation. See **chapter 7** for more information.

### 3. What makes an advocate independent?

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It's important that your advocate is different to the people who are employed to organise or give you care and support. This is so that the advocacy they provide is effective.

Some professionals, such as a social worker or nurse, may have an advocacy-type role as part of their overall job description. However, if your problem is connected to the policies or practices of social services or an NHS hospital, then it may be inappropriate for the social worker or nurse to act as your advocate. There may be a conflict of interest, where the professional can't fully act on your behalf because they have to be loyal to their employer. As a result, your voice or views may not be heard properly.

Independent advocates are not employed by the organisations providing the service you are unhappy with or want to access (such as NHS services, council support or a care home). They are usually employed by an advocacy organisation or charity. These charities are sometimes commissioned by councils but are run separately from the council and NHS. See [chapter 9](#) for details of independent advocacy organisations.

## 4. What independent advocacy is and is not

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### **Independent advocacy is:**

- being on your side and respecting your wishes and feelings
- supporting you to speak, or speaking on your behalf if you can't or prefer not to
- providing information and discussing options with you
- enabling you to make informed decisions and choices
- ensuring that your rights, views and wishes are acknowledged and taken into account by others
- putting aside the independent advocate's personal values
- trying every possible way to achieve the outcome you want or have a right to.

### **Independent advocacy is not:**

- influencing you to make a decision
- making a decision for you
- advising you on what to do
- persuading you to do what other people want you to do
- doubting what you say or want
- counselling you
- speaking for you when you want to speak for yourself.

Independent advocacy isn't usually about legal representation.

However, your independent advocate may be able to appear in court to speak on your behalf.





## To do

If you need specialist legal advice about problems with care, you could contact Civil Legal Advice to find out whether you would qualify for legal aid (**0345 345 4345**, [gov.uk/civil-legal-advice](https://www.civil-legal-advice.gov.uk/civil-legal-advice)). They can also give you details of organisations or solicitors dealing in legal advice about care.

In Scotland, contact the Scottish Legal Aid Board (**0131 226 7061**, [slab.org.uk](https://www.slab.org.uk)).

Make sure you use a solicitor who specialises in the relevant area of law. They don't have to be local to you. Most specialist solicitors are experienced at working from a distance.

The Law Society website also provides contact details of solicitors (**020 7320 5650**, [solicitors.lawsociety.org.uk](https://www.solicitors.lawsociety.org.uk)). In Scotland, contact the Law Society of Scotland ([lawscot.org.uk](https://www.lawscot.org.uk), **0131 226 7411**).

Free initial legal advice may also be available via a Law Works legal advice clinic ([lawworks.org.uk](https://www.lawworks.org.uk)) or the Disability Law Service (**020 7791 9800**, [dls.org.uk](https://www.dls.org.uk)).

## 5. Different types of independent advocacy support

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The range of services available and who provides these services varies between areas. You can discuss which type of advocacy is best suited to your situation when you approach an advocacy charity.

See [chapter 9](#) for details of organisations that offer advocacy.

### Community advocacy

Community advocacy services support people whose issues fall outside statutory advocacy services. You don't have a legal right to community advocacy, so these services are sometimes called non-statutory advocacy. Community advocacy is usually free.

There are different roles within community advocacy. Some community advocates are professionals or volunteers who work for an advocacy charity. Other community advocates may simply be family and friends who understand how advocacy works and who have been asked to support someone, perhaps during a crisis or throughout a longer period.

Formal community advocacy services are often commissioned by local councils, so what is offered may depend on what they can afford and who they decide needs the service most. Ask your local advocacy charity what services are available in your area.

Community advocacy services are most commonly used by people who are in a crisis and need some short-term support to resolve a particular situation. However, citizen or peer advocacy services can help if you need longer-term support - for example, if you have difficulty managing several different aspects of your life. You are partnered with someone from your local community who can work with you for as long as necessary and support you with a range of issues.

## Example: Susan

Susan wanted to complain about her care worker, who the council had arranged to come round once a day and help her to get washed and dressed. She was worried about making a complaint, in case her care suffered as a result. She also didn't want the council to think that she was ungrateful for the help that they had arranged for her.

She talked to a local advocacy organisation, and felt reassured when they listened to her concerns and said that they could voice her concerns to the council on her behalf and, if this didn't resolve things, help her to make a formal complaint through the council's complaints process.



### To do

Contact Older People's Advocacy Alliance (OPAAL) ([opaal.org.uk](https://opaal.org.uk)) to find a local advocacy service.

## Issue-based advocacy

If you want to make a complaint about the NHS, or if you've experienced domestic, sexual or gender-based abuse, there are specific advocates who can help you.

### NHS Complaints advocacy

An independent NHS Complaints advocate will be able to help you complain about treatment or care you have received from the NHS. This could include complaining about your GP, dentist, hospital or mental health services. NHS Complaints advocacy is free, independent of the NHS and confidential.

A NHS Complaints advocacy service may be able to help you understand the complaints process, support you to write letters or attend meetings with you. You usually have to make your complaint within 12 months of the problem with your NHS care. Services differ by area, so ask your local Healthwatch about what's available in your area ([healthwatch.co.uk/your-local-healthwatch/list](https://healthwatch.co.uk/your-local-healthwatch/list)).

In Wales, you can also contact your local Community Health Council (**02920 235558**, [communityhealthcouncils.org.uk](https://communityhealthcouncils.org.uk)) for independent advocacy services.

In Scotland, contact Patient Advice and Support Service (PASS) for help with making a complaint about NHS care (**0800 917 2127**, [cas.org.uk/pass](https://cas.org.uk/pass) or visit your local Citizens Advice Bureau).

### **Example: Anita**

While Anita was in hospital, her hearing aid went missing. No one helped her find it, despite her asking, which made her stay more difficult and stressful. She then had to pay towards the cost of replacing her lost hearing aid when she left hospital.

An NHS complaints advocate could help Anita make a complaint about her unhappiness at not being supported and having to pay towards a new hearing aid.

### **Domestic, sexual or gender-based violence advocacy**

If you have experienced domestic violence, sexual abuse or gender-based violence and you need help to stay safe, there are specialist advocates who can provide practical and emotional support. You could get help from:

- **independent domestic violence advocates (IDVAs)**, who support victims of domestic violence (in Scotland, these are called Independent Domestic Abuse Advocates or IDAAs)
- **independent sexual violence advocates (ISVAs)**, who support people who have experienced sexual abuse or assault

- **independent gender-based violence advocates (IGVAs)**, who support victims of gender-based violence, such as female genital mutilation, 'honour'-based violence and human trafficking.

They can support you to create a safety plan, and work with different agencies involved in keeping you safe from further harm and/or pressing charges against the perpetrator.

Contact Refuge for information and help finding an appropriate advocate (**0808 2000 247**, [refuge.org.uk/independent-advocates](https://refuge.org.uk/independent-advocates)).

In Scotland, contact Scotland's Domestic Abuse and Forced Marriage Helpline (**0800 027 1234**, [sdafmh.org.uk](https://sdafmh.org.uk)).

## **Statutory advocacy services in England and Wales**

In some situations, you have a legal right to an advocate to support you, and you should get help to arrange this. The sections below explain when you may be entitled to statutory support from a particular type of advocate.

### **Independent Mental Health Advocates (England and Wales)**

If you're detained under certain sections of the Mental Health Act 1983 or are a subject to Community Treatment Order or guardianship, you will qualify for support from an Independent Mental Health Advocate (IMHA). You must be helped to get an advocate.

An IMHA can give you information about your rights under the Mental Health Act and other aspects of your care and treatment. They can help you get your views and wishes heard and help appeal against a section. Mental health professionals must allow IMHAs access to certain parts of your medical records, if you give them permission to.

If you need an IMHA, you can contact one directly or ask a health or care professional to get in touch on your behalf. If you don't want an IMHA's help, you don't have to speak to one.



### Good to know

Detained patients who lack capacity to make certain decisions may also be eligible for an Independent Mental Capacity Advocate (IMCA). See [chapter 7](#) for information about what an IMCA can do.



### To do

Contact Mind ([0300 123 3393](tel:03001233393), [mind.org.uk](http://mind.org.uk)) or Rethink Mental Illness ([0300 5000 927](tel:03005000927), [rethink.org](http://rethink.org)) for more information and help to find an IMHA.

## Care and support advocacy (England and Wales)

Getting care and support from the council can be complicated. If you would have substantial difficulty in making arrangements with the council, then they must ensure that you have advocacy support. This is also the case if there is a safeguarding issue involving the council. They may need to refer you for support from an independent advocate (who may be called a Care Act Advocate in England or an Independent Professional Advocate in Wales).



### Good to know

Carers who are eligible for support can also have an independent advocate to help them in their carer's assessment.

You must be offered an independent advocate if:

- you have substantial difficulty with understanding, remembering or weighing up information, or communicating what you want to say and
- there is no appropriate person (like a friend or family member) to represent and support you.

An appropriate person should be someone who isn't paid to support you. They should have the ability and knowledge to be able to help you participate as fully as possible in the process, and they can only act as your appropriate person if you agree.



### Good to know

Even if you have a family member or friend involved in supporting you, this doesn't mean they have to be your appropriate person.

Speak to the social worker if you disagree with their decision to make someone your appropriate person. Getting an advocate doesn't mean your family and friends can't still be involved, however.

If you qualify, the council has a duty to provide independent advocacy, not just at your care needs assessment, but also at other important stages of getting services, including:

- when they put together your care and support plan
- when they review your care
- when they meet with other professionals to discuss concerns about your safety – this is usually called a safeguarding enquiry or review
- when your needs are assessed jointly with the NHS or clinical commissioning group and your local authority.

In some situations, the council must appoint an independent advocate even if there is someone who wants to support you: for example, if they're not satisfied that the person is acting in your best interests. If you don't want an advocate at this point, and you have capacity to make decisions about your care needs, then you can refuse their support.



### Good to know

If you lack mental capacity to make decisions about your care, the council may have a duty to arrange an IMCA. For more information, see [chapter 7](#).



### To do

If you disagree with the council's decision not to provide you with an independent advocate, you can contact Independent Age to arrange to speak to an adviser ([0800 319 6789](tel:08003196789)).

Even if the council doesn't have a duty to provide you with an independent advocate, you might be able to get help from a community advocate. Ask your local advocacy charity or contact one of the organisations listed in [chapter 9](#).



## Example: Arjun

Arjun's father has short-term memory loss and needs some support to help him manage at home. Arjun lives far away from his father and works full time – his father has no other relatives or friends living nearby.

Arjun contacts the local council to request a care needs assessment for his father and raises his concern that he cannot be present to support his father. The council agrees with Arjun that his father has substantial difficulty understanding and remembering information relating to the assessment process and may not be able to express his views or opinions as a result.

As there is no other appropriate person to support him, they arrange for a care and support advocate to meet with his father before the assessment to discuss the process and his situation. The advocate also supports him during the assessment itself.

## Advocacy services in Scotland

Some people in Scotland have the right to an advocate. Under the Mental Health (Care and Treatment) (Scotland) Act 2003, anyone with a mental health issue, a learning disability, autism or dementia has the right to independent advocacy. You don't have to be in hospital or under any mental health legislation to get advocacy support.

If you have a disability, you can request help from an advocate when applying for benefits. Call **0800 182 2222** and ask to be referred to the Independent Advocacy Service.

Even if you don't have the right to an advocate, you might be able to get help from a community advocate (see **pages 10-11**).



### To do

Ask your social worker or GP to help you get an independent advocate or join an advocacy group, or speak to the Scottish Independent Advocacy Alliance (**0131 510 9410**, [siao.org.uk](http://siao.org.uk)).

## 6. How does independent advocacy work?

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### Step one: Meeting your advocate

An advocate should meet you to discuss the support you need. If you live in a care home, sheltered housing or are a patient on a hospital ward, they will usually, for security reasons, notify the care home manager, charge nurse or warden of their planned visit. They should explain:

- their role
- how they can support you
- what the advocacy charity does
- the confidentiality policy of the charity they work for.

### Step two: Instructing your advocate

Instructing an advocate simply means explaining to them what you want them to do. They need to understand the situation you are asking for support with, and how you want to try to resolve it. It can help to tell them what others involved in your care think, such as your GP, carers, social worker and family. They can look at any letters and documents you have been given, as long as you give them permission to do so. However, the advocate should focus on understanding your view about the situation and what you want to happen.

The advocate will usually create a plan with you that documents the problems and what steps you will take together to address the issues you bring up. You can change this plan at a later date, if you wish. You will usually be asked to sign the plan to show you're happy with it, and your advocate will usually also sign the plan and any actions they have agreed to undertake. Your advocate should make sure you're fully informed of any developments to the situation.

## Step three: Speaking out

If you're instructing the advocate, they should always work within the plan you created with them. (There are some types of advocacy where someone isn't able to give their permission – see [chapter 7](#)). They shouldn't do anything they haven't agreed with you. The independent advocate should support you to speak out or represent your views, wishes and rights to those involved in your care, such as professionals, carers and family. This could be done by letter, telephone or in person (for example, by attending a case conference or a meeting with you or on your behalf). The advocate may also highlight that you are legally entitled to the things that you would like to happen – for example, if you have a right to a care needs assessment from your local council.

## Who is in charge in advocacy work?

In instructed advocacy, you should always be in charge. You have given your views and decided on the outcome you want. You can also end the advocacy partnership at any time, whether the outcome you asked for has been achieved or not. The independent advocate shouldn't try to persuade you to continue the process. It is your decision.

## Dealing with potential problems

Sometimes, professionals, carers or family members don't understand how independent advocacy should work. They might not understand your right or need to have an independent advocate. This can mean they don't work with your advocate in the way they should – for example, they may not keep them involved, or may even refuse to deal with them.

Your independent advocate should work to overcome these issues – for example, they could explain the purpose of advocacy to avoid any misunderstandings. They may need to reinforce what their role is, and how vital it is that your views are heard. In some situations, they could also remind professionals of their legal duties – for example, if they have a duty to provide you with certain information or advice. If necessary, they could make a formal complaint on your behalf.

## 7. Advocacy for people who lack mental capacity

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### What is mental capacity?

Mental capacity means having the ability to understand, remember and use information so you can make and express decisions about your life.

Wherever possible, people must be supported to make decisions about their lives before assessing whether they might lack capacity to make that decision. However, even with support, some people may still be unable to make a decision.

You are considered to lack mental capacity if your mind or brain is impaired in any way and you're unable to do one or more of the following:

- understand the information relevant to the decision
- retain the information long enough to be able to make a decision
- use the information to make your decision
- communicate the decision by any possible method.

Loss of mental capacity isn't always permanent. It could be temporary or change over time. Some people may have capacity to make some decisions but not others. Any formal assessment of capacity should look specifically at the decision being considered at the time it needs to be made.

It should never be assumed that someone doesn't have mental capacity to make a decision. Even if someone makes an unwise decision, that doesn't necessarily mean they lack capacity to make the decision.



There are different laws which cover capacity depending on where you live. In England and Wales this is called the Mental Capacity Act 2005 and in Scotland it is the Adults with Incapacity (Scotland) Act 2000.

When someone lacks capacity to make a decision at the time it needs to be made, there is a legal duty to make a decision for them. Where there are several options in the person's best interests, the decision made should be the one that affects the person's rights and freedoms the least. Call our helpline on **0800 319 6789** for more information and advice.

## What does a non-instructed advocate do?

As part of making a best interest decision, professionals should identify and take into account the person's beliefs, wishes and feelings as well as any past wishes. Non-instructed advocates work to identify what these are, protect the person's right to be involved in decisions about their life and make choices where possible. The advocate doesn't make the decision themselves.

Non-instructed advocacy methods vary, but usually include:

- trying different ways to communicate with the person, and involving them as much as possible
- treating the person with respect and spending time with them to understand their wishes, feelings and preferences
- gathering information about them – for example, by speaking to people who know them well, and building up an idea of their beliefs, preferences and past wishes
- ensuring the person's views are heard in decisions about them so they are given equal treatment and access to services
- ensuring every possibility is looked at and that their human rights have been considered and are protected
- challenging decisions that do not appear to be in the person's best interests and/or are overly restrictive.

## Independent Mental Capacity Advocates (England and Wales)

An Independent Mental Capacity Advocate (IMCA) supports and represents people who lack capacity to make some important decisions. An NHS body or local council must appoint an IMCA if:

- someone lacks mental capacity, and
- they don't have any family or friends that can support them, or where it would be inappropriate or impractical to consult them, and
- a decision needs to be made about serious medical treatments or a long-term change to where they live, or
- they are being assessed for, or are subject to, a Deprivation of Liberty Safeguards authorisation.

The NHS or council may also decide to appoint an IMCA in other situations – for example, if there are safeguarding concerns or their care review is considering a change of accommodation.

The IMCA will meet the person they're supporting and get the views of family, friends and professionals caring for them. They can also consult relevant health and social care records. They will consider all the information and then write a report to help decision makers act in the best interests of the person.

An IMCA must have specific experience and training. The Social Care Institute of Excellence has a list of IMCA providers ([020 7766 7400](tel:02077667400), [scie.org.uk/mca/imca/find](https://scie.org.uk/mca/imca/find)).



### Good to know

There aren't IMCAs in Scotland. Contact the Scottish Independent Advocacy Alliance to find out about your options for help ([0131 510 9410](tel:01315109410), [siaa.org.uk](https://siaa.org.uk)).

## Example: George

George had a bad fall in his flat and had to be admitted to hospital. George has dementia and received two visits a day from carers. He was more confused than usual in hospital and couldn't remember all the details about what help he might need. The hospital was busy and the doctors felt it was in George's best interests for him to continue recovering in a residential home, while the council decided where he should live. George wanted to return home, but didn't want to contradict medical advice and agreed to move to the residential home.

When George arrived at the residential home, he found it difficult to adapt to the environment and he wanted to return home. When he told his carers, they said he couldn't because he might fall again without support. However, they spoke with the council and asked them to assess the restrictions George was under while he was living in the residential home. The council appointed an advocate (an IMCA) for George. The advocate talked to George about his care. While George wasn't able to fully tell the advocate what care he might need at home, he made it clear that he wanted to return home.

The advocate asked the council to urgently reassess George's care needs and look at what options were available for him to live in a less restrictive manner at home. The advocate asked for a best interest meeting to discuss George's concerns. His social worker suggested that George's care needs could be met at home with support from carers four times a day, and a personal alarm.

The advocate spoke with George, who said he would be happy with this. The advocate relayed his view to the social worker, who liaised with the homecare agency and got a company to install the alarm. George returned home two weeks after the meeting.



## Other advocacy support for people without mental capacity

Depending on your situation and the issue you need support with, you may be offered a different type of advocate to an IMCA – for example, in England or Wales a care and support advocate may be the appropriate person to support in certain circumstances (see [chapter 5](#)).

## 8. Self-advocacy

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Self-advocacy is about speaking up for yourself and making decisions about issues that affect your life. Self-advocacy schemes help you to build your confidence using tools such as assertiveness training to help you to be clear about your wishes – for example, when talking to your health professionals.

These schemes may bring together groups of people who use the same services or are affected by the same issue. This may be an option if a group of you are affected by the same issue (for example, a residents' group in a care home).

Anyone can set up a self-advocacy scheme. Some charities offer support with them. Your local Healthwatch can help you find advocacy services near you (**03000 683 000**, [healthwatch.co.uk/your-local-healthwatch/list](https://healthwatch.co.uk/your-local-healthwatch/list)).

In Scotland, contact Disability Information Scotland to find local advocacy services (**0300 323 9961**, [disabilityscot.org.uk/work-area/equality-legal-advocacy](https://disabilityscot.org.uk/work-area/equality-legal-advocacy)).

If you're a carer, Carers Scotland has a self-advocacy guide (**0808 808 7777**, [carersuk.org/scotland/training-resources/self-advocacy-toolkit-Scotland](https://carersuk.org/scotland/training-resources/self-advocacy-toolkit-Scotland)).

## 9. Useful contacts: Accessing independent advocacy

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You can refer yourself to an independent advocacy organisation, or get the help of a friend, relative or carer to do so.

A professional who feels that you may benefit from an independent advocate can also make a referral (and, in many cases, they will have a legal duty to do so).

If you live in a care home, you may also be able to ask the care home manager and/or care workers for help to access independent advocacy. The care home staff should be able to tell you about independent advocacy services.

Your local council should also be able to tell you about local advocacy services.

### Age UK advocacy services

Some local Age UKs have an advocacy service (**0800 169 6565**, [ageuk.org.uk](https://www.ageuk.org.uk)). It's free, confidential and impartial. Ask your local Age UK if they offer an advocacy service.

### Disability Information Scotland

Disability Information Scotland (**0300 323 9961**, [disabilityscot.org.uk/work-area/equality-legal-advocacy](https://www.disabilityscot.org.uk/work-area/equality-legal-advocacy)) can help you find local advocacy services.

### Mind

Mind is a mental health charity with local branches across England and Wales (**0300 123 3393**, [mind.org.uk](https://www.mind.org.uk)). Some offer advocacy services for people with mental health problems.

## Older People's Advocacy Alliance (OPAAL)

Older People's Advocacy Alliance (OPAAL) is a national organisation supporting, promoting and developing independent advocacy services for older people ([opaal.org.uk](https://opaal.org.uk)). OPAAL has an online database of local independent advocacy schemes for older people ([opaal.org.uk/locations](https://opaal.org.uk/locations)).

## Patients Advice and Liaison Service

Patients Advice and Liaison Service (PALS) offices are available in all English hospitals and offer confidential advice, support and information on health-related matters to patients, families and carers ([nhs.uk/service-search/other-services/Patient-Advice-and-Liaison-Services-\(PALS\)/LocationSearch/363](https://nhs.uk/service-search/other-services/Patient-Advice-and-Liaison-Services-(PALS)/LocationSearch/363)). PALS may also be able to advise you on local advocacy schemes.

In Wales, Community Health Councils provide independent advocacy services. Find your local Community Health Council by calling **02920 235558** or visiting [communityhealthcouncils.org.uk](https://communityhealthcouncils.org.uk).

In Scotland, contact Patient Advice and Support Service (PASS) for help with making a complaint about NHS care (**0800 917 2127**, [cas.org.uk/pass](https://cas.org.uk/pass)).

## Scottish Independent Advocacy Alliance

The Scottish Independent Advocacy Alliance (**0131 510 9410**, [siaa.org.uk](https://siaa.org.uk)) has information about independent advocacy, how it can help you and where your nearest advocacy organisation is.

## Social Security Scotland

In Scotland, anyone with a disability who needs support applying for benefits can request help from an advocate. Call **0800 182 2222** and ask to be referred to the Independent Advocacy Service.

## 10. Summary

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Advocates help you communicate your views. They can represent your interests, request things you need or challenge decisions.

You might need help from an advocate in stressful or intimidating situations: for example, if other people have differing opinions on the best support for you, or if you're unhappy with your care.

Your advocate won't make a decision for you or advise you on what to do. They will be on your side, listen to you and support you to speak, or speak on your behalf if you can't or prefer not to.

There are many different types of advocacy. You can ask an advocacy charity which is best for you. Some advocates do specific work: for example, if you want to make a complaint about the NHS, or if you've experienced domestic abuse.

In some situations, you have a legal right to an advocate to support you.

When you meet your advocate, you should explain to them what you want them to do. They will usually make an action plan with you. They shouldn't do anything they haven't agreed with you. You are in charge, and you can change your plan or stop working with your advocate at any time.

People who don't have mental capacity to make a decision may get support from an advocate. The advocate will work to understand the person's beliefs, wishes and feelings and protect their right to be involved in the decision as much as possible.

While we make every reasonable effort to ensure that our information is accurate at the time of publication, information can change over time. Our information should not be used as a substitute for professional advice. Independent Age does not accept any liability for any loss however caused arising from the use of the information within this publication. Please note that the inclusion of other organisations does not constitute an endorsement from us.

The sources used to create this publication are available on request. Contact us using the details below.

### **Thank you**

Independent Age would like to thank those who shared their experiences as this information was being developed, and those who reviewed the information for us.

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## **Contact us**

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