



Who can have a Taking Part advocate?

Anyone with a health and social care need, living in Shropshire who is of working age.

How do I find out more and make a referral?

If you are unsure if an advocate is what you want or need, you can:

Telephone 01743 363399 and speak to one of our team,

Email us at takingpart@takingpart.co.uk

Visit our website at www.takingpart.co.uk

Follow us on Twitter @TakingPart

Like and follow us on Facebook @Takingpart.



Independent Advocacy Service:

Shropshire



An advocate can support you to speak up for yourself, or speak on your behalf if you need them to.



Be the change

Independent advocacy is a free and confidential service that can support you in many different aspects of your life.

Changing Times, Changing Lives

What is advocacy?

Independent advocacy is a free and confidential service that can support you in many different aspects of your life.

The health and social care system for example can seem complex and confusing. Understanding others and saying what you want can be stressful, especially if you need on-going support from the services involved.

Independent advocates can support you to be involved in discussions about you, understand your choices, make your own decisions and explain to other people what you want.

Advocacy support can help you during care and support assessments, reviews and care planning and also with other more general appointments and meetings where you feel it would help you to understand other people and say what you want.

What can an advocate do?

An advocate can support you to speak up for yourself, or they might speak on your behalf if you need them to.

Advocates are independent from professionals, care workers and family and friends

An advocate will listen to you carefully and can support you to:

- Understand what is happening;
- Find and understand information;
- Understand your options and make your own choices;
- Tell people what you want;
- Help you understand your rights and make sure these are respected
- Challenge decisions that have been made about you if you don't agree with them.



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