

How can advocacy help me?

What is an advocate?

An advocate is someone who helps you to speak up for yourself.

They can also speak up for you if you find it hard to do this yourself.



Some of the ways an advocate can help you:

Help you to speak up if you are not happy about something.



Help you to have a say in how you want to live your life.

Make sure you have choices about your life.



Help you explain what you want to your family and other people in your life.

Try to make changes happen so you are happier.