**What is independent advocacy?**

Independent advocacy helps you to make your voice stronger and to

have as much control as possible over your life.

 speak up for you



It is called independent because advocates and advocacy workers are

separate from services. They do not work for hospitals, social work or

other services.

**There are different types of advocacy:**

■ **professional advocacy**: an independent advocate works with you

to help you sort out your problem. The advocate might be paid or

be a volunteer.

 make your voice stronger



■ **citizen advocacy**: an ordinary member of the public gets to know

you well over a long period of time. They stand alongside you and

help you to get what you need.

■ **self-advocacy**: people come together in groups to speak up about

things that are important to them. Self-advocacy groups try to

change the way people feel about themselves and change other

people’s attitudes. They also try to change services and policies.

This is also called collective advocacy.

 collective advocacy



* **peer advocacy**:is when someone else with a learning disability helps someone with learning disabilities speak up for themselves.

 peer advocacy



**Why might I need independent advocacy?**

Some people need support to speak up, to understand what is being

said and to make decisions. Many people find that when they feel ill or are

upset they are not as good at saying what they want and they need

support to speak up.



If you would like to speak to someone about advocacy or find out more about what we do, then please phone our office on:-

01382 205515

Or email us on:-

office@diasdundee.org

We look forward to hearing from you.

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