



DUNDEE CARERS PARTNERSHIP INFORMATION FACTSHEET No. 4

Advocacy

Advocacy is a way to help people have a stronger voice and to have as much control as possible over their own lives. Some people find that there are times in their life when there can be particular barriers to getting their voice heard. This can include practical barriers including those caused by disability, or emotional barriers that can occur through a lack of confidence, or when people are experiencing a stressful period in their lives.

Thinking about the best way to communicate your concerns can give you the best chance of getting a positive outcome. Sometimes people with care and support needs access advocacy support when they feel they need help to speak up. Often carers take on a role as an advocate for the person they care for. There are some situations where carers need support to advocate for themselves; speaking up for yourself can be very difficult when your needs conflict with those of the person you care for.

Advocacy can help people to overcome challenges to speaking up by helping and supporting them to voice their views and wishes. An advocate can also express your views and rights on your behalf. An independent advocate is someone who you have asked or given permission to represent you.

What is Self-Advocacy?

Self-Advocacy for carers involves them in speaking up for themselves and/or the person they are caring for. Self-advocacy involves enabling a person to get their voice heard. Carers and the person they care for are the best people to advise others of their views and self-advocacy is one of the best ways to support this.

Carers Scotland have produced *Being Heard* which provides information and suggests techniques to help Carers advocate for themselves. The toolkit can be found at <https://www.carersuk.org/scotland/training-resources/self-advocacy-toolkit-scotland>.

If you would prefer support to use the toolkit you can contact Dundee Carers Centre at 01382 200422.

This Fact Sheet contains information and general advice. It should not be used as a substitute for personalised advice from a professional. We do not accept any liability arising from its use. We strive to ensure that the content is accurate and up to date. Please direct queries or comments about the information to dundeehscp@dundeecity.gov.uk.



What support is available to help me to provide my views?

If you feel that you would benefit from support so that your views are listened to and heard, you can contact Dundee Carers Centre at 01382 200422.

All practitioners within Dundee City Council and Dundee Health and Social Care Partnership are expected to work to the pledges identified in our local Carers Charter which include:

- The contribution you make to the person you care for, and to the community overall will be acknowledged and recognised.
- With the agreement of the person you support, you will be an equal partner in care planning (including when the person you support is leaving hospital).
- We will listen to your knowledge, expertise, and opinion, and involve you in the decisions about the care and support of the person you support.

What support is available for the person I care for so that their views are heard?

Independent advocacy is a way to help people have a stronger voice and to have as much control as possible over their own lives. Independent Advocacy organisations are separate from organisations that provide other types of services (Scottish Independent Advocacy Alliance). Advocacy support can be accessed through Independent Advocacy organisations so that you or the person you care for can be supported to provide their views and be involved in decision making about their care.



The following table provides information about Independent Advocacy Organisations in Dundee

Organisation	What is Provided	Contact Details
Advocating together	Advocacy for Adults 18-60 with learning disabilities, autistic spectrum disorder	13 Ryehill lane Dundee DD1 4DD enquiries@advocatingtogether.org.uk 01382 666601
Dundee Independent Advocacy Support (DIAS)	One-to-one Advocacy to adults over 21 with mental health problems and Collective and citizens advocacy for adults over 65 with learning disability and physical disability	6A Meadow Mill West Henderson's Wynd Dundee DD1 5BY office@diasdundee.org 01382205515 or 01382 223365
Partners in Advocacy Dundee	Children and young people up to the age of 21 with mental health problems, learning disability, isolation, transition issues, communication issues and young parents	1 st Floor 30 Whitehall House Dundee DD1 4AF dundee@partnersinadvocacy.org.uk 01382 229110
Who Cares? Scotland	One-to-one and collective advocacy to 'looked-after' or formerly 'looked-after' children and young people up to 26	Oswald Chambers 5 Oswald Street Glasgow G1 4QR hello@whocaresscotland.org 01412264441
Dundee Women's Aid MIA (Multi Agency Advocacy)	The MIA Service provides a crisis intervention service and will help you and your family to minimise future risks of harm. They will ensure that when you exit this service, you can continue to be supported by relevant agencies	Enterprise House 45 North Lindsay Street Dundee DD1 1PW info@miadundee.co.uk 01382 596100