

# Independent Care Act Advocacy in North Somerset – Easy Read



The Care Act is a law about care and support for adults in England.



The Care Act makes sure that North Somerset Council involves you when your care and support is being looked at.



This means that North Somerset Council must make sure you have someone to support you if you find it difficult to have a say in your care.



An advocate will help you if you don't have anyone to support you.

## North Somerset Council must offer you an advocate if:



You have trouble understanding information about the decisions you need to make.



You may have trouble remembering information.



You find it difficult to weigh up the good and bad points when making a decision.



You find it hard to tell people your views, wishes and feelings.

## What is an Advocate?



An advocate is there for you. They will listen to everything you want to tell them.



They can help you understand your rights under the Care Act.



They help you to be in control of your own safety.



They can support you to understand how your care and support needs can be met.

## An advocate will work with you to:



Help you make decisions about your care and support.



Help tell others about your experiences, views, needs, wishes, feelings, and what you want.



Support at meetings and to talk with the people who support you.



Help you challenge a decision made by the council.

## How can you get support from a Care Act Advocate?



Health and social care professionals, such as social workers, can make a referral for a Care Act Advocate.



You can tell your health and social care professionals that you want an advocate to support you.



The health and social care professional will send a referral to the Advocacy People.



An advocate from the Advocacy People will then get in touch and arrange to meet you.



To watch a video about what Independent Care Act Advocacy means please go to [Care, Support and Safeguarding \(Care Act\) Advocacy](#) ([theadvocacypeople.org.uk](http://theadvocacypeople.org.uk))



More easy read information about advocacy can be found here:

<https://www.theadvocacypeople.org.uk/easy-read>



The advocacy peoples details:

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Text 80800, starting message  
with PEOPLE



We aim to keep all information provided to you up to date. We will amend the contact details of the people who do advocacy if it changes.



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