

## Do you need a Care Act advocate?

**An advocate helps people understand and be involved in the Care Act process if there is no-one else to support them.**



**You are the best person to judge your wellbeing**

### **An advocate can help you to...**

- › understand your rights and the Care Act process
- › say what's important to you and make decisions
- › speak with people about your needs and wishes
- › decide what you want in your care plan
- › challenge a decision if you don't agree with it



**Having an advocate helps you be at the centre of your care**

**Contact us**

020 3960 7920

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