Someone to speak on your behalf

Advocacy means:

- having help to get your point across
- someone to protect your rights and look out for your interests
- protecting people who are vulnerable
- allowing people with physical or learning disabilities, older people, and those with mental health needs, to make decisions on their care
- helping people to access information

Advocacy is completely separate from social care. Advocates do not try to influence the person they are supporting to make a different choice.

There are a number of local organisations that can act as independent advocates.

Total Voice (http://www.totalvoicecp.org/) offers advocacy support to adults and carers, as well as children and young people, looked after or in need. The service supports people with physical disabilities, learning disabilities, autism, mental ill health, sensory impairment, social or health care needs and NHS health complaints.

Independent Mental Capacity Advocacy (IMCA)

Total Voice supports particularly vulnerable people who lack capacity to make important decisions and who have no-one to act for them.

We have to consult an IMCA when making decisions for a person who lacks mental capacity.

Independent Mental Health Advocacy (IMHA)
Total Voice provides an independent advocate to people experiencing mental health problems in Peterborough, Fenland and across Cambridgeshire.