

## What is Advocacy?

Advocacy is about speaking up

Sometimes people need some support to speak up.



An advocate can support people to speak up or speak up for people.

Advocates are independent trained people here to support you.

A Professional advocate would work with a number of people to help them speak up.



Anna, Tom and Claire are advocates with DASL.



Anna



Tom



Claire

## Advocates can help people to:



Have choices



Be listened to



Know about their rights and responsibilities



Live the lives they want to lead



Get the services they want and need and are entitled to.



Be part of their local communities

