



Easy Read Guide

Getting an Advocate Guide



At Parent to Parent, we take your rights very seriously. This guide talks about what an advocate is and what an advocate can do for you.

What is an advocate



Advocates

Are people you can talk to when something happens and a person gets hurt or is not safe

Can help you if your rights are not being protected or you are not being listened to



Examples of what Advocates can help you with

- Help you find out more information
- Help you make hard decisions
- Speak up for you
- Help you speak up for yourself

Who can be an Advocate



Someone you trust

- Your family
- Your friends
- Your partner



A professional Advocate

There are Advocacy organisations that have staff who are Advocates.

You can contact them and ask for help.

What an Advocate should do



Listen to you

- Take the time to listen carefully to what you say
 - Check with you to make sure that you understand
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Support you

- Help you with the things that are not going well
 - Check with you to make sure that things are better
 - Go with you to meetings
 - Speak to people with you or for you if you ask them to
 - Help you to make a complaint if things go wrong
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Privacy



Advocates are not allowed to share your information with other people unless you say it is ok.

Advocates can share information if they think you are not safe or if someone else is not safe.

Finding an Advocate



We can help you to contact an Advocate

You can talk to the staff at P2P and ask them to help you find an Advocate.
