

## Contact us

**Advocacy Highland**  
2 Seafield Road  
Inverness  
IV1 1SG



**01463 233460**

[info@advocacy-highland.org.uk](mailto:info@advocacy-highland.org.uk)

[www.advocacy-highland.org.uk](http://www.advocacy-highland.org.uk)



## Area Co-ordinators

**Badenoch & Strathspey**  
07717 704636

**Caithness & Sutherland**  
07717 704639

**Inverness & Nairn**  
07717 704636

**Lochaber**  
07717 704635

**Ross & Cromarty**  
07717 704640

**Skye & Lochalsh**  
07717 730865

Charity No: SCO35363

Company No: SC265395



# What is Independent Advocacy?

## What is Advocacy?

Speaking up on behalf of people who are unable to do so for themselves.

Empowering people who need a stronger voice by enabling them to express their needs and make decisions, where possible.

Safeguarding people who are vulnerable and discriminated against or whom services find difficult to serve.

Assisting people to gain access to information and explore their options, and to make their views and wishes heard.

An Advocate can take an issue to its conclusion without a conflict of interest.

### **An Independent Advocate will**

Ensure the person's rights are upheld with regard to the appropriate legislation.

Take time to get to know the person and significant others in their lives, where appropriate.

Promote a Person Centred Approach.

Making sure the individual is involved in decisions made about their lives.



### **An Independent Advocate will not**

Do anything their Advocacy Partner does not want them to do.

Work to their own agenda.

Give his/her own opinion.

Make decisions which they think are best...