

About your Independent Mental Capacity Advocate (IMCA)



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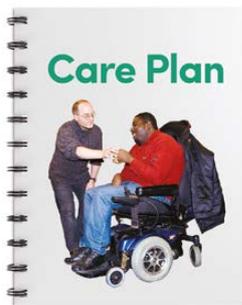
Your advocate is called an 'Independent Mental Capacity Advocate'.

This is usually shortened to 'IMCA'.



Your advocate can help you get your views heard about:

- where you live



- what care you need



- what treatment you have at hospital



- the best way to keep you safe



Your advocate can help you to:

- understand what meetings are about
- get ready for meetings



- tell people what you want and what you don't want



- get your views heard when something is going to happen that you don't agree with

How to contact your advocate



Your advocate's name:



Your advocate's telephone number:



Your advocate's email:



Notes:
