

My care, my choice.

Help with decisions about your treatment
and what happens when you leave hospital
We'll make sure you're heard



We can help make sure you are fully involved in decisions about:

- the treatment you have in hospital
- the care you get when you leave hospital
- where you will live when you leave hospital

If there are other issues you need to sort out to be able to leave hospital, we might be able to help you with those too.

Our advocates can support you to:

- understand your options
- decide what you want
- tell medical staff what you want – and what you don't want
- contact other organisations who can help you

An advocate is an independent professional who is on your side. They can support you to have your say and know your rights. Advocates don't work for the council, the NHS, or care providers.

We can provide support over the phone, over a video call or in person.

You don't have to pay for an advocate but there are rules about who can get an advocate and when. To see if we could help you, talk to hospital staff or contact us: helpline@voiceability.org, 0300 303 1660 (freephone) or [voiceability.org](https://www.voiceability.org)