

My care, my choice.

Have your say in decisions about your care
We'll make sure you're heard



The law says social workers, doctors and health and care staff must consider what you want when they make decisions about:

- where you live in the long term
- serious medical treatment
- the package of care you might get
- if you already have a care package, whether this should change

If a social worker or doctor decides you need help to say what you think, the law says they must get you an advocate.

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.

An advocate can help you to:

- understand your options
- say what accommodation, care or treatment you want – and what you don't want

You don't have to pay for an advocate but there are rules about who can get an advocate and when. To access advocacy, you need a referral from a social worker or healthcare professional.

To check if you can get an advocate, ask your social worker or healthcare professional, or contact us:

helpline@voiceability.org, 0300 303 1660 (freephone) or [voiceability.org](https://www.voiceability.org)