

## What is Care Act Advocacy?



The care act is a law which was introduced in 2014.



It says that the council must make sure you have an advocate if you find it difficult to have a say in your care.



Usually an advocate will help if you do not have anyone else you want to support you.



An advocate is always on your side and will help you say what care and support you need.



An advocate can support you at every stage of a care review.