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Edinburgh Health and  
Social Care Partnership



# Advocacy for Unpaid Adult Carers in Edinburgh

If you are an unpaid adult carer caring for someone in Edinburgh and want support to understand your rights and have your voices heard, we're here to help



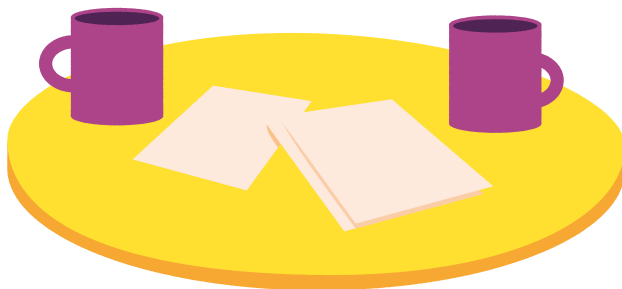
# Get support in Edinburgh if you're an unpaid adult carer

We recognise the vital role unpaid carers have and we're here to support you. If you are an unpaid adult carer, you can get free support to understand your rights and have your voice heard.

You do not need to be a resident of the City of Edinburgh but must be caring for an adult or child who is a resident of the City of Edinburgh. Our advocates are based across Edinburgh and provide easy access for you to be supported.

## **An advocate can help you to:**

- listen to what you think about your situation
- help you say what you want and don't want
- help you understand information about your situation
- explain your options
- plan with you about what to do next



# What does an advocate do?

An advocate is an independent professional who supports people to have their say, be heard, and understand their rights.

Your advocate can meet with you over the phone, over video call, or in person. An advocate will support you in the way that works best for you so you can understand what is happening and say what you want.

## **Your advocate will:**

- listen to you and be on your side
- talk with you about your options
- plan with you what you want to do
- represent you, if you are not able to represent yourself
- support you to make decisions

## **Your advocate will not:**

- offer counselling or be your friend
- offer legal advice
- make decisions for you
- provide advice or tell you what to do

# Contact us

To find out more about advocacy support or to ask for an advocate, our website has lots of information. You can also call us for free or email us. The easiest way to get an advocate is by visiting our website.

**We're open Monday to Friday, 9am to 5pm.**

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Freephone:

**0300 303 1660**

Website:

**voiceability.org**



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Email: [helpline.scotland@voiceability.org](mailto:helpline.scotland@voiceability.org)

We can provide this information in other languages or formats, including Easy Read and large text. We can provide interpreters including for British Sign Language.

## About VoiceAbility

We make sure you're heard when it matters most. We've been supporting people to have their say in decisions about their health, care and wellbeing for over 40 years. We're an independent charity and one of the UK's largest providers of advocacy and involvement services.