

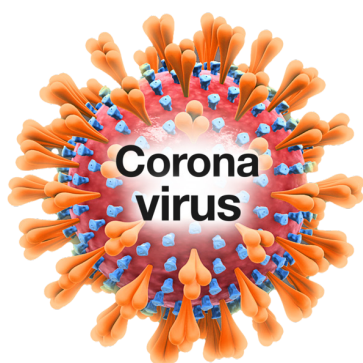


National Development Team for Inclusion



Recognising quality  
in independent advocacy

an  NDTi Programme



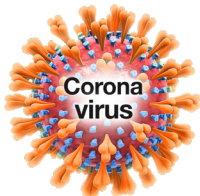
# Advocacy & Your Rights

**Easy Read information about Advocacy  
and rights during the coronavirus crisis.**

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“Easy Read” does not mean that everyone will be able to understand this information.

Please give people the support they need to use this booklet.

# 1. Advocacy



**Advocacy is about your voice being heard.**

Advocates support you to speak up.  
They will speak up for you if you need them to.



**An Advocate can help you have a strong voice.**  
They can make sure you are included and your rights are respected when decisions are being made about you. This includes decisions about where you live, what support you have, and what to do if you are unwell.



**An Advocate can help you to:**

- Understand your rights
- Find information
- Make your own decisions
- Tell other people what you want to happen



**The law says that people must have access to an advocate in some situations:**

- The Care Act
- The Mental Health Act
- The Mental Capacity Act

# 2. Coronavirus



**Coronavirus is a new illness which is spreading across the world.**

It can affect your lungs and your breathing.  
The signs are a cough and high temperature.  
We must all stay at home for a few weeks.



**Only go out for:**

- Shopping for food and other “basics”
- Exercise once per day
- Medical or care needs
- Travel to work if essential



**If you have to go out:**

- Stay 2 metres away from other people
- When you get back home, wash your hands with soap for 20 seconds

**Do not go out at all if you get a letter from the NHS telling you not to.**

**keep**safe  
.org.uk

For Easy Read information about coronavirus,  
please go to the Keep Safe website:

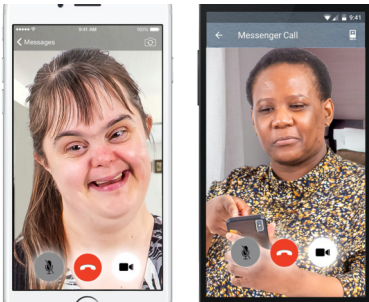
**[www.keeptsafe.org.uk](http://www.keeptsafe.org.uk)**

# 3. Advocacy goes on!



During the coronavirus crisis, Advocates are still supporting people to speak up and have their views heard.

Advocates are *key workers*, in the same way as nurses, doctors and social workers.



**Advocates are supporting people by;**

- Meeting by phone
- Using video calling
- Meeting face-to-face if there is no other way
- Asking families and carers for information which may help



**Support to communicate**

Organisations like care homes and hospitals must do what they can to help you to communicate with your Advocate. This might mean setting up phone or video calls.



**NHS Complaints and EHCPs**

You can still complain to the NHS and other local organisations. It might take a long time. Advocates can help.

Advocates can still support young people with Education Health and Care Plans.



# 4. Care Act



**Local Authorities may not have to do everything in the Care Act.**

Assessments, care plans and reviews might work differently if local councils and care providers are busy because of coronavirus.



**Your Local Authority must do everything they can to give you the support that you need.**

But, because of coronavirus, they might not be able to give you as much support as before. People who get services must be told if this happens.



**Your Local Authority must still:**

- Respect your human rights
- Promote your wellbeing
- Provide information and advice
- Involve you in reviews and support planning
- Help people who might be being abused
- Make sure you have an independent Advocate if you need one



# 5. Mental Health



**You are entitled to an Advocate if you are detained under the Mental Health Act.**

Your rights have not changed yet. The government can make changes in the future; for example, so one doctor can detain someone instead of two.



**You are allowed leave if it is safe and reasonable.**

For example, the hospital may decide that you can go out for 30 minutes to exercise, if you can stay 2 metres away from other people.



**Visiting is not normally allowed.**

**There are only a few exceptions, including:**

- Parents or appropriate adults visiting children
- Visits to people with mental health issues, autism or dementia, who would be very distressed without the visits



**Staff should do everything they can to help you contact friends, family and advocates.**

They could help you to use the phone or have a video call, instead of people coming to visit.

# 6. And finally...



## Continuing Healthcare

Continuing Healthcare (CHC) assessments have been stopped. The NHS does not have to follow the CHC National Framework.



## Direct Payments

You can pay family members to give you the care which is in your support plan if necessary. You still have to follow rules; for example, employment law.



## Being involved in decisions about your health care and treatment:

When doctors make decisions, they must do what is right for each person. You should get the help you need to be involved in decisions about your health. Advocates (IMCAs) can help some people to make these important decisions.



## Talk to friends, family, a social worker or local Advocacy group if you are worried about:

- Staying at home
- Feeling unwell
- Getting the right support
- Feeling lonely



This booklet has been made by a partnership of Advocacy organisations which started recently to share information and knowledge.

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advocacy  
focus



**BLACKBELT**  
ADVOCACY


Blackpool Advocacy Hub

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Advocacy

**Connected**  
Voice Advocacy

  
Dorset Advocacy

**pf People First**  
Listen | Engage | Empower

 **POhWER**  
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Advocacy

**SWAN**  
South West Advocacy Network

the  
advocacy  
people

**The  
Advocacy  
Project**

**VoiceAbility**

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