

Plain facts

Advocacy

Advocacy means speaking up for yourself or for other people. Dorothy Atkinson and Lydia Chant wanted to find out more about advocacy and how it works. They talked to lots of different people, including people with learning difficulties. Dorothy and Lydia found that:



Advocacy means speaking up for yourself. But it can also mean helping other people to speak for themselves.



Sometimes it is difficult to find out about advocacy. Children and people who live in hospitals do not get enough information about advocacy.



Advocacy means that people can have their say. It can help people to feel more confident and to make choices about their lives.



Advocacy should be a right for people who need it. No-one should stop you speaking up for yourself.