



## Independent advocacy across Aberdeenshire

- »» Advocacy North East provides independent advocacy for carers over the age of 16 in Aberdeenshire.
- »» Our trained advocates can help you access the information you need to make informed decisions.
- »» We can help you to have your voice heard and your opinions respected when you are dealing with health care, social care and other professionals.

ANE has a duty to ensure the safety and well-being of its staff and volunteers and we uphold the right of our people to be treated with respect as they go about their duties.

Please be advised that ANE will not accept any form of abuse being aimed directly or indirectly at our staff or volunteers. We take such matters very seriously and will terminate our contact/take further action as required.



Advocacy North East

contact  
US

we're here  
to give you a voice.

Aberdeenshire

01467 651 604

Email  
admin@advocacyne.org.uk

»» [advocacyne.org.uk](http://advocacyne.org.uk)

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### **Independent advocacy for carers:**

If you look after someone or if you provide unpaid help and support to a relative, partner, friend or neighbour who needs your help because they are ill, frail, have a disability, mental illness or substance use issues then you are a carer and this leaflet may be useful to you.

Independent advocacy is about helping you if you find it hard to speak up for what you want and need. It is about supporting you to express your needs and wishes and to assert your rights as a Carer. Independent advocacy is about helping you to access the information you need to make informed decisions. Our service is independent, free and confidential.



### **Carers**

Carers can sometimes feel that their views and needs are overlooked by health care, social care and other professionals and that their right to support as partners in the provision of care is not well recognised. When carers wish to pursue a particular course of action but do not have the capacity, time or energy, to do so alone - advocacy may be able to help.



### **If you are a carer, contact us:**

- »» To hear more about our independent advocacy service for carers over the age of 16
- »» To enquire about any of our other advocacy services
- »» To refer yourself or someone you know for independent advocacy.