**Advocacy is;**

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| Research listening | Supporting you to be heard and listened to. |
| Talk in group bubbles 1 | Helping you talk to others about what is important to you. |
| Information sign | Making sure you have access to the information to help you make a fully informed decision. |
| You choose2 | Support you to look at the options and weigh up the information to make the right choice for you.  |
| Ethics balance right | Help you understand the information and stand up for your rights. |
| Weigh Up Risk | Help you challenge decisions made on your behalf. |
| Visiting Solicitor about a Will | Help you access legal advice should you need it. |
| Support writing 1 | Support you in meetings to share your views and wishes with others in the meeting. |
| CQC Group Meet 1 | Consult others on your behalf to share your views and wishes providing you give us your consent. |
| Free (Money) | Advocacy support is free of charge. |
| Advocacy Self 1 | Advocates are independent from the NHS and social care or any other heath or care organisations. |
| Meeting 8 | You can meet your advocate in private. |
| Traffic light red | You can end your involvement with your advocate at any time. |