

Contact the Elfrida Advocacy project
for more information about
Independent Care and Support
Advocacy



Because people with learning
disabilities have the answers



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**Independent care and support
advocacy**

Supporting people to speak up in
Islington



Independent Care Act Advocates



If you

- need help to take part in meetings about you
- want support to help understand information
- have no one else to help you
- you may be able to work with a care and support advocate



Care and support advocates can help you to

- think about your support needs
- prepare for assessments about you to help find out about your goals and needs



- help you be involved in making your support plan
- say how your support plan is working
- this is called a review
- we also support people through safeguarding



To find out about getting a care and support advocate
speak with your social worker
ILDP can make a referral



you can also contact Elfrida