



## INFORMATION SHEET

Age Group: **Adults**

Sheet Title: **Advocacy**

An Advocate is an independent and competent volunteer who represents the interests of another person as if they were their own, and works to safeguard that persons human and legal rights.

Advocates may be able to help you in many different ways. For example, in helping you to find somewhere to live, looking at job opportunities and DSS benefits or an appointment with a professional.

A young man with Asperger's Syndrome, William, describes how an advocate helped him to develop a social life. William did not have the confidence to go out on his own; he did not know what to say to people or recognise when he had upset them. William hoped that the advocate could help him regain his confidence and make new friends.

Unfortunately it's not always easy to find an advocate who is knowledgeable about autism and Asperger's Syndrome, and you may find that some advocacy schemes are only available to those people who have learning difficulties.

However there are people and organisations who may be able to advise you.

### The Citizen Advocacy, Information and Training

164 Lee Valley Techno Park

Ashley Road

London N17 9LN

Tel: +44 (0)20 8880 4545

Locally you could try the following:

- Citizens advocacy schemes
- Citizens advice bureau - [www.nacab.org.uk](http://www.nacab.org.uk)



- Volunteer bureau
- Community voluntary service
- Social services departments
- Your social worker
- Local autistic societies
- Befriending schemes often run by voluntary agencies, e.g. Mencap - [www.mencap.org.uk](http://www.mencap.org.uk)