

Advocacy:

Supporting you to be informed, heard and involved

Someone there for me and only me

Someone to listen to me so I can make my own decisions

Someone to support me

Someone to help me access and understand information

Someone to represent me

Why might I or someone I know need an advocate?

- Because...
- Sometimes I don't understand the information people give me about my care and support
 - I think I might need help but I don't know how to go about it or what will happen next
 - I am not able to say what matters to me especially when lots of people are telling me what would be best for me.
 - I need someone independent to help me say how I feel
 - Sometimes I struggle to remember information, which means that making choices is really difficult
 - Sometimes it's hard to get my point across
 - I struggle to get people to listen to my views, my wishes and my feelings

What difference did an advocate make?

"My advocate was the only person who **listened to me** and only me, who understood everything I said and **helped me to find my way forward**".

"My advocate was the person who was there for me and only me, **they were independent**, helped me say what I wanted and made sure the others involved **saw me as an equal person**".

"My advocate made me **feel confident to speak up for myself**, and was there when I didn't feel I could, at meetings and in reviews. **They were by my side**, taking my side and making sure I was able to get my opinion not just listened to, but really heard".



"My advocate really knew the system, something I didn't. **They helped me understand my rights**, and made sure that any choices I was making were based on good, independent information so that the choices were mine alone. When I couldn't remember something, **my advocate was there to remind me**, to explain and to ensure I really understood, and wasn't just saying yes".

"My advocate helped me to see what was happening to me was wrong, and that it could stop. **They supported me every step of the way** and now, with the help of the Safeguarding team my life is back on track, in the way I wanted it to be."

An advocate can help you to:

- Understand what you can expect from services
- Understand what's happening at meetings or appointments
- Be represented in meetings so your views are heard
- Say what matters to you in meetings or sit alongside you to give you support
- Be clear about what you want when representing your views
- Get the support you need when you need it, based on what matters to you
- Understand your options
- Make your own decisions
- Prepare for meetings
- Be fully involved when decisions are being made that affect you
- Feel in control and equal to those around you
- Make sure your legal rights and entitlements are understood and upheld
- Look at ways to make you feel safe if you have been or are at risk of being harmed

This area is for cover gluing



This area is for cover gluing

More information on advocacy can be found from:

- **Your Local Authority**
www.gov.uk/find-local-council
- **Dewis Cymru website**
www.dewis.wales
- **Age Cymru helpline**
08000 223 444

Or contact:

Age Cymru, Tŷ John Pathy, 13/14 Neptune Court, Vanguard Way, Cardiff CF24 5PJ
Tel: 029 2043 1555
E-mail: enquiries@agecymru.org.uk
www.agecymru.org.uk/advocacy

- Follow us on:
- facebook.com/agecymru
 - twitter.com/agecymru

Eiriolaeth:

Yn eich helpu i gael gwybodaeth, lleisio'ch barn a chymryd rhan

Rhywun sydd yno i mi a neb arall

Rhywun i wrando arna i fel y galla i wneud fy mhenderfyniadau fy hun

Rhywun i fy nghefnogi

Rhywun i fy helpu i gael gwybodaeth a'i deall

Rhywun i fy nghynrychioli

Pam y gallaf i neu rywun rwy'n gwybod angen eiriolwr?

Oherwydd...

- Weithiau dydw i ddim yn deall yr wybodaeth mae pobl yn ei rhoi imi am fy ngofal a fy nghymorth
- Rydw i'n credu fy mod i angen help ond dydw i ddim yn gwybod sut i'w gael na beth fydd yn digwydd nesaf
- Dydw i ddim yn gallu dweud beth sy'n bwysig i mi, yn enwedig pan fydd llawer o bobl yn dweud wrthyf i beth sydd orau i mi
- Rydw i eisiau rhywun annibynnol i fy helpu i ddweud sut rwy'n teimlo
- Weithiau byddaf i'n cael trafferth cofio gwybodaeth, felly mae'n anodd iawn gwneud dewisiadau
- Weithiau mae'n anodd cyfleu fy mhwynt
- Mae'n anodd cael pobl i wrando ar fy marn, fy nymuniadau a fy nheimpladau

Pa wahaniaeth wnaeth yr eiriolwr?

“Fy eiriolwr oedd yr unig berson a **wrandawodd arna i** a neb arall, gan ddeall popeth a ddywedais a **fy helpu i ddod o hyd i ffordd ymlaen**”.

“Fy eiriolwr oedd yr un a fu yno i mi a neb arall. **Roedd yn annibynnol**, yn fy helpu i ddweud beth roeddwn i eisiau ac yn gwneud yn siŵr fod eraill yn **fy nhrin yn gyfartal** â phawb arall”.

“Roedd fy eiriolwr yn gwneud imi **deimlo'n ddigon hyderus i leisio fy marn**, ac roedd yno pan nad oeddwn i'n teimlo'n ddigon hyderus i wneud hynny mewn cyfarfodydd ac adolygiadau. **Roedd wrth fy ymyl**, yn fy nghefnogi ac yn gwneud yn siŵr fod pobl yn gwrando ar fy marn ac yn ei ystyried o ddifrif”.



“Yn wahanol i mi, roedd fy eiriolwr yn gwybod sut roedd y system yn gweithio. **Fe'm helpodd i ddeall fy hawliau**, gan wneud yn siŵr fy mod i'n gwneud dewisiadau ar sail gwybodaeth dda, annibynnol bob tro, fel mai fy newisiadau i a neb arall oedden nhw. Pan fyddwn i'n methu cofio rhywbeth, **byddai fy eiriolwr yno i fy atgoffa**, i egluro ac i wneud yn siŵr fy mod i'n deall go iawn”.

“Gyda help fy eiriolwr, fe welais i fod yr hyn oedd yn digwydd imi yn anghywir, a bod modd rhoi diwedd arno. **Roedd yno i fy nghefnogi bob cam o'r ffordd**. Nawr, gyda help y tîm Diogelu, mae fy mywyd yn ôl ar y trywydd iawn, fel roeddwn i eisiau iddo fod”.

Gall eiriolwr eich helpu i:

Deall beth allwch chi ei ddisgwyl o'n gwasanaethau

Ddeall beth sy'n digwydd mewn cyfarfodydd neu apwyntiadau

Cael eich cynrychioli mewn cyfarfodydd fel bod eich barn yn cael ei ystyried

Dweud beth sy'n bwysig i chi mewn cyfarfodydd, neu eistedd wrth eich ymyl i'ch cefnogi

Byddwch yn glir ynghylch beth yw'ch dymuniad wrth roi eich barn

Cael y cymorth sydd ei angen arnoch a phan fyddwch ei angen, yn seiliedig ar yr hyn sy'n bwysig i chi

Deall eich opsiynau

Gwneud eich penderfyniadau eich hunan

Paratoi ar gyfer cyfarfodydd

Bod yn rhan o benderfyniadau sy'n effeithio arnoch chi

Teimlo bod gennych reolaeth dros bethau a'ch bod yn gyfartal â phobl o'ch cwmpas

Gwneud yn siŵr fod pobl yn deall ac yn parchu eich hawliau cyfreithiol

Edrych ar ffyrdd o wneud ichi deimlo'n ddiogel os ydych chi wedi cael eich niweidio neu mewn perygl o gael eich niweidio.

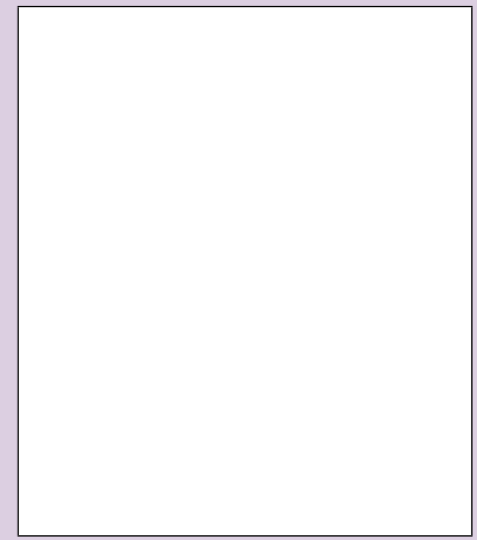
Ble i gael mwy o wybodaeth am eiriolaeth:

• **Eich awdurdod lleol**
www.gov.uk/find-local-council

• **Gwefan Dewis Cymru**
www.dewis.wales

• **Llinell gymorth Age Cymru**
08000 223 444

Neu cysylltwch â:



Age Cymru, Tŷ John Pathy,
13/14 Neptune Court,
Vanguard Way, Caerdydd CF24 5PJ
Ffôn: 029 2043 1555

E-bost: enquiries@agecymru.org.uk

www.agecymru.org.uk/advocacy

Dilynwch ni ar:

facebook.com/agecymru

twitter.com/agecymru



**eiriolaeth
advocacy**

Y Rhaglen Edau Euraidd
The Golden Thread Programme

Galluogi barn, dymuniadau a theimladau
Enabling views, wishes and feelings

 **age** Cymru

Creu Cymru oed gyfeillgar
Creating an age friendly Wales

Eiriolaeth / Advocacy:

***Yn eich helpu i gael gwybodaeth,
lleisio'ch barn a chymryd rhan
Supporting you to be informed,
heard and involved***





Creu Cymru oed gyfeillgar
Creating an age friendly Wales

08000 223 444
www.agecymru.org.uk/advocacy

Mae Age Cymru yn elusen gofrestredig 1128436, cwmni cyfyngedig drwy warant ac wedi'i gofrestru yng Nghymru a Lloegr 6837284.
Gweler uchod am ein swyddfa gofrestredig.

Age Cymru is a registered charity 1128436. Company limited by guarantee and registered in England and Wales 6837284.
Registered office as above.

©Age Cymru 2017

