

Advocacy: **Supporting you to be informed, heard and involved**

An advocate can help you to:

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

Understand your options

Make your own decisions

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



08000 223 444

**[www.agecymru.org.uk/
advocacy](http://www.agecymru.org.uk/advocacy)**

Eiriolaeth:

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

Gall eiriolwr eich helpu i:

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

Deall eich opsiynau

Gwneud eich penderfyniadau
eich hunan

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.



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