

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".



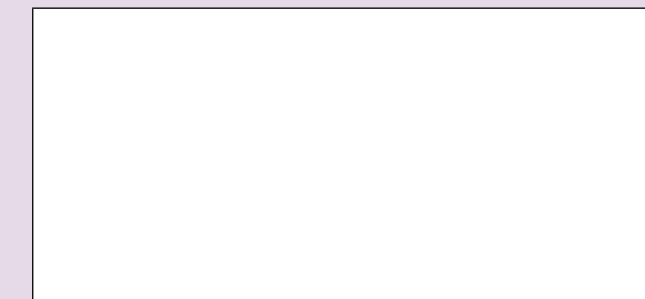
"My advocate really knew the system, something I didn't. **They helped me understand my rights**, and made sure that any choices I was making were based on good, independent information so that the choices were mine alone. When I couldn't remember something, **my advocate was there to remind me**, to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

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

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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 nheimladau



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".



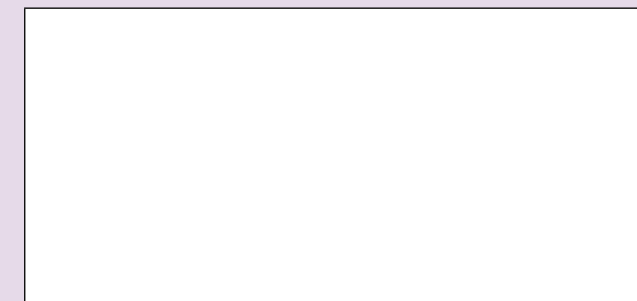
"Yn wahanol i mi, roedd fy eiriolwr yn gwybod sut roedd y system yn gweithio. **Fe'm helpodd i ddeall fy hawliau**, gan wneud yn siŵr fy mod i'n gwneud dewisiadau ar sail gwybodaeth dda, annibynnol bob tro, fel mai fy newisiadau i a neb arall oedden nhw. Pan fyddwn i'n methu cofio rhywbeth, **byddai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

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

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