

Independent Advocacy:

supporting you to be informed, heard and involved

Are you aged 50+, or a carer of an older person, living in the community and have issues or concerns that you're finding it difficult to resolve?

Do you need help from a trained independent Volunteer Advocate to:

- Ensure people listen to your views, wishes and feelings so you lead the decision making?
- Get the right support you need when you need it?
- Be supported to say what matters to you and why?
- Understand information about services or your rights?
- Understand your options and choices?



If you think that HOPE can support you, please e-mail **advocacy@agecymru.org.uk** or call **029 2043 1555**



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Eiriolaeth Annibynnol: *yn eich cefnogi chi i fod yn wybodus, i rannu eich barn a chael eich cynnwys*

Ydych chi'n 50+ oed, neu'n ofalwr i berson hŷn, sy'n byw yn y gymuned ac yn profi problemau neu bryderon sy'n anodd i'w datrys?

Ydych chi angen help gan Eiriolwr Gwirfoddol annibynnol i:

- Sicrhau bod pobl yn gwrando ar eich safbwyntiau, dymuniadau a theimladau er mwyn i chi arwain y penderfyniad?
- Cael y cymorth cywir pan rydych ei angen?
- Cael cefnogaeth i ddweud beth sy'n bwysig i chi a pham?
- Deall gwybodaeth am wasanaethau neu eich hawliau?
- Deall eich opsiynau a'ch dewisiadau?



Os ydych chi'n credu y gall HOPE eich cefnogi chi, e-bostiwch **advocacy@agecymru.org.uk** neu galwch **029 2043 1555**

Dilynwch ni ar:

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