



# Learning Disability, Autism & Asperger's

## What is Advocacy Shetland?

We are an independent, confidential and free service who can support and empower you. We take action to help people to say what they want, secure their rights, represent their interests & access the services they need.

**Tel: 01595 743714**

## **An Advocate is someone who...**

- **Can offer you one to one support and/or peer group advocacy.**
- **Will help you make informed decisions.**
- **Will go to meetings with you, support you and find out information.**
- **Will help you to access services or self-directed support.**
- **Will help you to understand and apply for benefits & attend assessments with you.**
- **Will put forward your point of view when you feel that you cannot, including writing letters or making phone calls on your behalf.**
- **And much more....**

## **Who can have an advocate?**

- **Anyone with a learning disability, autism or Asperger's.**
- **Anyone using health and social care services and / or their carers.**

## **What are the potential benefits of Advocacy?**

- **You get the support and information you need so you understand your options.**
- **You have peace of mind that your views have been heard.**
- **Helps you to be more confident and speak out.**
- **Empowers you to make decisions for yourself.**
- **Helps you to gain independence.**

If you are unsure if we can help you, please contact us to discuss, as enquiries are most welcome.



Market House, 14 Market Street,  
Lerwick, Shetland ZE1 0JP

**Tel:** 01595 743929 or 743953

**Email:** [advocacy@shetland.gov.uk](mailto:advocacy@shetland.gov.uk)

**Website:** [www.advocacy-shetland.org](http://www.advocacy-shetland.org)

**FB:** [www.facebook.com/advocacyshetland](https://www.facebook.com/advocacyshetland)

**Charity No:** SC048201

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