

**Free and
confidential
independent
advocacy for
unpaid Carers in
Highland**



**Partners in Advocacy provides independent
advocacy for individuals
aged 18+ involved in caring roles
with a range of issues.**

What we can do:

- Listen to you to understand your situation
- Help to identify key issues
- Find information to help you make choices and understand your rights
- Write emails, letters and make phone calls
- Prepare and support you to attend meetings
- Help you speak up when you can and speak on your behalf if you need us to
- At Partners in Advocacy, we believe that the views and opinions of carers are of the utmost importance and we are committed to supporting them to speak out, have their views heard and respected and their rights upheld

What we can't do:

- Make decisions for you – we'll help get you information to help though
- Tell you or advise you what to do – but we can find people to provide advice
- Speak for you when you feel able to do so for yourself
- Guarantee the outcome you might want

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