



Essex Carers Support



Charity Mission Statement:

“To support informal carers of any age regardless of the nature of the disability. We are dedicated to ensuring that carers within Essex are given the highest level of advice and support”



Ryan Jones

Carer Advocate

Tendring Specialist Stroke services:

Carer Support Group

28th September 2011 at 2pm

Supporting Carer Self Advocacy

“Helping carers speak up for themselves”

Self advocacy is where an individual speaks or acts on their own behalf in pursuit of their own needs and interests - speaking up for yourself.

Advocacy for carers is –

“A process of empowering carers by giving independent information which helps carers to know about and obtain their rights and entitlements and if necessary speaking up for them or representing their views.”

- An Advocate offers practical support, for example helping you to prepare for and representing you at reviews or assessments, writing letters with you and talking to social care and health professionals.
- An advocate can help you find out what you need to know so that you can decide the best way forward for you. We aim to work with you to achieve a fairer balance of power between individuals, groups and professionals.

Essex Carers Support contact details:

Call us: 01255 474410

email us: admin@essexcarerssupport.org.uk