

## Problems people have

- Accessing services (health, social, other)
- Accommodation
- Family
- Legal rights
- Confidence/speaking up
- Independence
- Finances
- Mental health/wellbeing
- Employment
- Physical health
- Social connections
- Planning
- Skills training

## What advocacy projects do to help

- Advocating with services/social workers
- Explaining rights/options
- Preparing for and accompanying to meetings
- Researching and signposting services
- Assistance with emails/letters/applications/writing complaints
- Assistance with practical issues
- Helping people to speak up
- Working with family
- Assistance with gaining legal advice

## Individual outcomes

- Speaking up
- Knowledge of rights
- Knowledge of local services
- Good relationships
- Happy with life
- Feeling listened to
- Learning new skills

**Figure 1:** Logic model showing a person's journey through non-statutory advocacy support