



**NATIONAL ADVOCACY  
SERVICE**

**FOR PEOPLE WITH  
DISABILITIES**



**INDEPENDENT**  
**CONFIDENTIAL**  
**FREE**



**Enquiry Phone line:**  
**0761 07 3000**

# What is Advocacy?

The purpose of Advocacy is to:

- » Enable people to seek and receive information, explore and understand their options and make their wishes and views known to others.
- » Support people to represent their own views, wishes and interests, especially when they find it difficult to articulate these to others by themselves.
- » Empower people to make decisions for themselves.
- » Ensure that people's rights are respected by others.
- » Ensure that people's needs, wishes and interests are given due consideration and acted upon.
- » Stand alongside people who are in danger of being ignored.

*“Advocacy bridges the gap between having rights and having rights respected.”*

The NAS would like to thank everyone assisting others to understand this notice.

# What is the National Advocacy Service (NAS)?

NAS aims to assist more vulnerable people with disabilities who:

- » May not be in a position to self-refer.
- » Are isolated in the community.
- » Live in residential institutions.

NAS offers people:

- » An independent advocacy service which protects their rights.

*“NAS supports people to be included in decisions, especially when they find it hard to tell others what they want.”*

NAS supports people:

- » To receive assistance with specific issues.
- » To access their rights and entitlements.
- » To have their voice heard when decisions are being made about their life.
- » To express their views and wishes in relation to quality of life issues.

## People who may want support from an advocate

**John** feels nobody is listening to him and feels those around him don't understand him as he finds it hard to use words like others do.

The people supporting him want John to do things differently. When John gets upset they give him medication and sometimes lock him in a room. People need to find other ways to understand John and offer him a life where he is more content.

**Orla** is in hospital and wants to move home to her house and not to a nursing home. She feels so frustrated waiting around in a hospital bed when she doesn't need to be in there anymore. She feels that people are not telling her anything or listening to her. She wants to be at home and find a way of doing her job from home.

**Martin** has recently inherited his family home from his parents. His sister has asked him to give the house to her. She says he can go to live with other people with a disability. He loves his family and doesn't want to upset anyone, but he wants to stay in the home and community he grew up in.

**Neil** is unhappy with the way he was treated when he applied for support from a State agency. He is angry but nobody else seems to see what the problem is. He feels he has been treated unfairly and wants to appeal the decision that was made but doesn't know how.

An advocate may be able to support John, Orla, Martin and Neil.

## Getting Support from NAS

You can contact NAS directly, or a friend or carer can contact NAS on your behalf with your agreement.

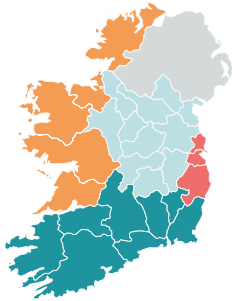
- » You can discuss your situation in confidence with an advocate.
- » You can find out more about the service and whether it is right for you.
- » If you choose to receive support from NAS, you and your advocate can develop a plan to help achieve your goal.
- » If you give your permission, an advocate can act for and with you.
- » You and your advocate will review your plan regularly until you no longer need an advocate.

*“Advocacy enables people to be involved in decisions that would otherwise be made for them by others.”*

If you or someone you know would like the support of an independent advocate

### Contact us...

and an advocate will speak with you.



Region	Advocate
Greater Dublin	Dublin, Fingal and Wicklow.
Midlands & North East Region	Cavan, Laois, longford, Louth, Kildare, Meath, Monaghan, Offaly and Westmeath.
Western Region	Clare, Donegal, Galway, Leitrim, Limerick, Mayo, Roscommon and Sligo.
Southern Region	Carlow, Cork, Kerry, Kilkenny, Tipperary, Waterford and Wexford.