

# Independent Advocacy:

*supporting you to be informed, heard and involved*

**Are you aged 50+, or a carer of an older person, living in the community and have issues or concerns that you're finding it difficult to resolve?**

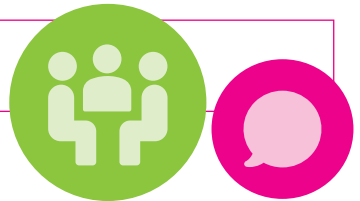
## Do you need help to:

- Ensure people listen to your views, wishes and feelings so you lead the decision making?
- Get the right support you need when you need it?
- Be supported to say what matters to you and why?
- Understand information about services or your rights?
- Understand your options and choices?

## HOPE has trained independent Volunteer Advocates who will be:

- Someone there for you and only you
- Someone to listen to you and support you so you can make your own decisions
- Someone to help you access and understand information and make informed choices
- Someone to represent you if you need them to
- Someone to help you be heard

If you think that HOPE can support you, please e-mail [advocacy@agecymru.org.uk](mailto:advocacy@agecymru.org.uk)



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## Eiriolaeth Annibynnol: *yn eich cefnogi chi i fod yn wybodus, i rannu eich barn a chael eich cynnwys*

**Ydych chi'n 50+ oed, neu'n ofalwr i berson hŷn, sy'n byw yn y gymuned ac yn profi problemau neu bryderon sy'n anodd i'w datrys?**

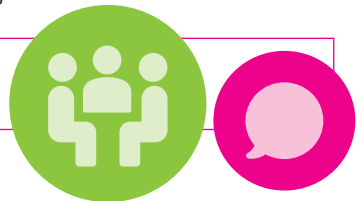
**Ydych chi angen help gyda'r canlynol:**

- Sicrhau bod pobl yn gwranddo ar eich safbwyntiau, dymuniadau a theimladau er mwyn i chi arwain y penderfyniad?
- Cael y cymorth cywir pan rydych ei angen?
- Cael cefnogaeth i ddweud beth sy'n bwysig i chi a pham?
- Deall gwybodaeth am wasanaethau neu eich hawliau?
- Deall eich opsiynau a'ch dewisiadau?

**Mae HOPE wedi hyfforddi Eiriolwyr Gwirfoddol annibynnol fydd:**

- Yno i chi a chi yn unig
- Yn gwranddo arnoch chi a'ch cefnogi chi fel eich bod yn gallu gwneud eich penderfyniadau eich hun
- Rhywun i'ch helpu chi gael gwybodaeth, a'i deall, a gwneud penderfyniadau gwybodus
- Rhywun i'ch cynrychioli chi os ydych eu hangen nhw
- Rhywun i'ch helpu chi rannu eich llais

Os ydych chi'n credu y gall HOPE eich cefnogi chi, e-bostiwch [advocacy@agecymru.org.uk](mailto:advocacy@agecymru.org.uk)



**Dilynwch ni ar:**

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