

How Independent Advocacy has made a difference in people's lives:

*Billy has been going to a self advocacy group for a few months. The group helps members share their opinions and feelings about things and to think about how to get things changed. Billy believes that the group has helped him develop the confidence to say if he is not happy about something.*



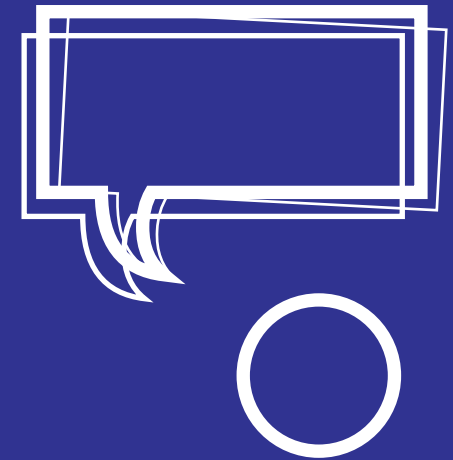
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If you would like this leaflet in a different format, further information about the SIAA or a membership pack please contact us.



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The SIAA Guide to  
**Self Advocacy**

## What is the Scottish Independent Advocacy Alliance (SIAA)?

A membership organisation, devoted to promoting, supporting and defending Independent Advocacy in Scotland.

### What do we do?

- Represent advocacy organisations at various levels
- Work as a central agency to gather and distribute information to the membership, and other interested parties
- Raise awareness and understanding of Independent Advocacy across Scotland
- Provide training on Independent Advocacy and related issues.

You can find out about Independent Advocacy in your area by visiting the SIAA website [www.siaa.org.uk](http://www.siaa.org.uk) or by telephoning 0131 260 5380.

### Self advocacy

Self advocacy is when people stand up for themselves either individually or in a group. Self advocacy groups help people to get better at speaking up for themselves. Self advocates have control over their own lives and express their views.

Self advocacy groups will

- ensure that members are aware of their rights
- encourage and support individual members to learn new skills and develop existing ones
- help reduce an individual's sense of isolation when raising a difficult issue.

All types of advocacy aims to support advocacy partners, where possible, towards self advocacy.

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### Other types of advocacy include:

- Citizen advocacy
- Peer advocacy
- Professional advocacy
- Collective or group advocacy

### What is Independent Advocacy?

- Independent Advocacy is about standing alongside people who are in danger of being ignored
- Independent Advocacy is a process of helping people have their say and increase their confidence
- All forms of Independent Advocacy aim to promote self advocacy in their work and would view this as the ideal form of advocacy.

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### Independent Advocacy includes:

- Safeguarding people who are vulnerable, discriminated against or whom services find difficult to serve
- Empowering people to express their own needs and make their own decisions
- Enabling people to get information, explore and understand their options, and to make their views and wishes known
- Speaking on behalf of people who are unable to do so for themselves.