


EARS Independent Advocacy service is service which **offers support** with issues affecting your life.

You can access this service if you:

- Have had a stroke within the last 2 years
- Live in Lothian

Any professional, relative, carer or friend can make a referral. Or you can refer yourself.

Contact Details:

Write to: EARS Advocacy Service
Unit 14 Grampian Court
 Beveridge Square
Livingston, West Lothian
EH54 6QF



Tel. 01506 205840
0131 478 8866



Email: info@ears-advocacy.org.uk



Website: www.ears-advocacy.org.uk

EARS Independent Advocacy Service is a Scottish Charitable Incorporated Organisation (SCIO)

Charity Number SC031518



Independent Advocacy for recent Stroke Survivors

- ✓ Free
- ✓ Confidential
- ✓ On **Your** Side

Tel. West Lothian Office 01506 205840

What we do:

- EARS is an **independent advocacy** service. It is not part of any other statutory or private organisations - For example: Social Work Departments, NHS Boards or private companies.
- EARS service is: **Free and Confidential**
- The service **supports** and **enables** people to speak up for themselves and where they can't, it will provide an advocate to speak for them.
- EARS advocates are trained and experienced in independent advocacy. EARS advocates will be **100% on your side**. They will **take time to listen to you** and your views.
- Our advocates: won't tell you what to do, or give you advice or offer any opinion on your situation.

How could EARS advocates support you?

- EARS advocates can help you express your concerns or opinions - for example:
 - * About a **service** you use
 - * About **medical treatment**
 - * About **care** and **support**

- Our advocates ensure that **your voice is heard**. They can support you when talking to others.
For example:
 - Doctors and Nurses
 - Carers
 - Employers
 - Lawyers
- Our advocates offer you support from someone who is independent of your situation.
For example:
 - Concerns about your **care**
 - **Medical** treatment
 - **Accommodation**
 - **Money**
 - **Legal** matters
- Our advocates can:
 - Attend **meetings** with you or on your behalf.
 - Help you **write letters** or make phone calls
 - Help you make **informed choices** and **decisions**.
- Our advocates can help if you need **more information** or **time** before making a decision that may affect your care or future.