

# ADVOCACY & BEFRIENDING

## Independent Advocacy and Befriending Services

Action Ability aims to promote the inclusion of people with disabilities into the community and to support the development of their natural abilities.

### What is Advocacy?

Advocacy support is a flexible support service aimed at helping disabled people and their family/carers have a voice, to ensure equal rights and access to goods, services and opportunities.

We can support you

- If you feel you have been treated unfairly and need help to make a complaint
- You need assistance in meeting with professionals and other people or agencies eg doctors, social workers etc
- If you need someone to support you to express your views and opinions

We provide A free confidential outreach service in West (including Shankill) areas of Belfast.

### What is Befriending?

Befriending is a one to one person centred service for disabled people who need support to access social opportunities in the community. The service is purchased by individuals through , direct payments, care packages or any other financial means available including private payments.

Our service includes, identifying a good match to the person's preference, recruitment of staff, co-ordination of service, management of staff and payroll.

Referrals can be made by self referring, social services, community and voluntary agencies GPs etc.



**The Disability Discrimination Order**  
This is legislation or the law that aims to eliminate discrimination faced by disabled people. It is there to protect your rights and promote equality and opportunity.