

# Do I want someone to help me to speak up for myself?

I am speaking to:

Date:

## Before I ask someone to help me speak up for myself I have...

- Had a think and made some notes about what situation(s) I think I may need someone to help me speak up about, and what changes/actions I would like to see happen in my life.
- Checked that the person (or people) I will be speaking to understands that I am not asking for their advice. I feel confident that they will put their opinions aside and just help me.
- Understood precisely what is happening to me, if my health or circumstances are changing.
- Asked for some language or communication support if I need it.
- Got ready a pen and paper, glasses or hearing aids, and this checklist, so I can make notes on what we talk about.

## During the conversation I will remember...

- This is about me and what might happen to me. I need to feel as positive as I can about whatever is happening in to me in my life.
- I am an adult and have been an adult for a long time. I am the expert on what is right for me, and my opinion is the one that counts.
- I need to understand if this person will have the time and the availability to support me, if I need assistance during lots of meetings or over the longer term.
- If my person is unable to support me that's ok. That is not a reflection of how they feel about me, that just means they are not right for this role.
- I will take all the time I need to think about any new ideas and information. I do not have to respond or make any decisions right away.

## My next actions are...

- To check that I have told the person everything I wanted to say and that I have made a note of any points and that I fully understand them.
- To ask my person to visit [www.opaal.org.uk](http://www.opaal.org.uk) so that they can see the free guidance on how to act as an informal advocate.
- To make sure I have arranged some time with my person, to either come to a meeting with me, or to speak on the phone about my issues.
- To share with the people I choose how thankful I am that they are willing to help me speak up for myself and to say thank you.
- Do I feel better after having the conversation? Or if don't feel better, do I have a plan in mind for how I am going to improve this for myself?

