



Citizens
Information

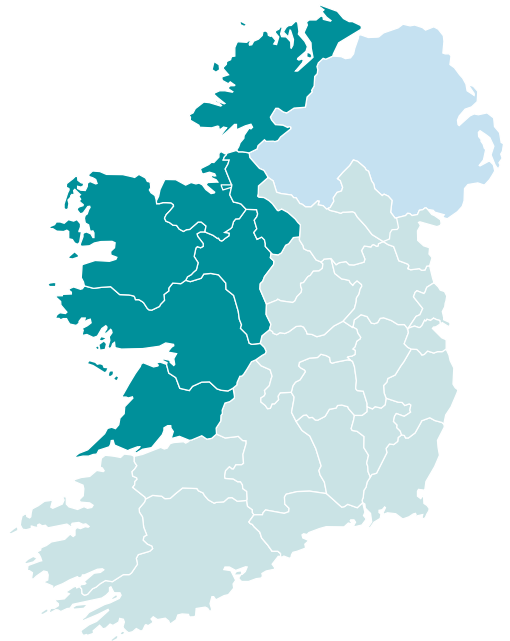


National
Advocacy
Service

for People
with Disabilities

The National Advocacy Service for people with disabilities (NAS)

Independent
Confidential
Free



WEST REGION:

Covering Clare, Donegal,
Galway, Leitrim, Mayo,
Roscommon and Sligo

Funded & supported by the Citizens Information Board

The National Advocacy Service is called NAS for short

What is Advocacy?

Advocacy is about you
and your rights.



Advocacy makes sure
you are listened to.



Advocacy is about saying
what you want.



Advocacy is getting
help to speak up.



Advocacy helps you look
at different options.



What does a NAS Advocate do?

Listens to you and what you have to say.



Always stands beside you and takes your side.



Keeps your information private.



Finds out information so you can make choices.



What does an advocate do?

Helps you in making your own decisions.



Helps you tell people like your family, staff, social workers what you want.



Helps you prepare for meetings.



Helps you make a complaint if you are unhappy with a service or the way you are treated.



How do I get help?

You can call, text ...



or email.



You can ask a friend, family member or staff to call for you. (An advocate will always ask you if you want help).



You can come and meet an advocate to talk about the help you need.



What happens next?

An advocate will tell you what NAS can do.



Together you and the advocate will make a plan of action.



An advocate will ask if it is ok to work with you and keep a record of what is done.



And then what?

You and your advocate will:

Start working on the plan.



Get ready for meetings.



Update each other on what's happening.



Decide when the plan is finished.



Stop working together.



Some other information you need to know

We need to keep records, for example a file, of the work we do.



This means that NAS will need to keep information about you in a safely locked place.



We may keep your information safe on a computer.



You have a right to see the information we keep about you.



Confidentiality

Confidential means that the information is kept private. We will also ask you if it is ok to share and get information from others.



Your meetings with the advocate are confidential. This is NAS policy.



NAS will also ask you if it is ok to share and get information from others

Confidentiality

However there may be times when we need to tell someone else or get someone else involved without your agreement.



This will be if:

1. You are in danger
2. You are a danger to someone else
3. A court asks for information
4. A child is in danger

Your advocate will tell you if this needs to happen.

Complaints

If you are unhappy with the service you have received from NAS, you can make a complaint.



You can contact the NAS manager to make a complaint.



Contact us...

Each region has a team of advocates employed by a Citizens Information Service. The West Region includes counties Clare, Donegal, Galway, Leitrim, Mayo, Roscommon and Sligo.

Area	Advocate
Clare	Helen Collins 086 6010830
Donegal	Marion Gallagher 086 1736421
Galway	Greg Duff 087 9697404 Rebecca Leavy 087 0641163
Leitrim	Elaine Morris 087 0529111
Mayo	Clare O'Neill 086 0200713
South Mayo	Andrea Farrell 086 0291948
Roscommon	Carmel Donovan 086 0232477
Sligo	Martina Kilgallon 087 9980152

Regional Manager	Josephine Keaveney 086 0201095
Administrator	Lisa Mulvey 086 7707096