

# Independent Mental Capacity Advocacy (IMCA)



The Mental Capacity Act is a law that protects you if you 'lack capacity'.



This means you are unable to make choices about your health and care because of an illness or disability.



If you do not have friends or family to help you make choices about where you live, or any serious medical treatment you need, the law says you should have an Independent Mental Capacity Advocate, known as an IMCA, to help you.



Your IMCA will:



Learn about you and your thoughts and feelings.



Give you information in a way you can understand to help you to be as involved as you can.

**Communicate**



Talk to the people who know you best to get their views too.



Ask questions and raise any concerns for you.



Check that all the options have been looked at.



Your IMCA wont:



Make choices for you.



Give you medical advice.



If you can't make your own choices, the law also says a person called 'The Decision Maker' should make it for you.



This could be a doctor about medical treatment, or a social worker about your care and where you live.



Your IMCA will make sure that the Decision Maker listens to your views.



Once the decision has been made, your IMCA will help you to understand it and support you with what to do next.



Your IMCA can challenge any decision that is not in your 'best interest' – this means the best thing for you.



They will also make sure that the process has been followed correctly.

You can watch a short video about IMCAs, with BSL translation, here:

<https://www.theadvocacypeople.org.uk/services/advocacy-for-people-who-lack-capacity>



If you would like to know more about our Advocacy services, please contact us using any of the methods below



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