

Deprivation of Liberty Safeguards (DoLS)



DoLS is part of a law called the Mental Capacity Act.

It may stop you doing some things that you want to do.



DoLS may affect you if it has been decided that you need to stay in a care home or hospital, for care and treatment.

In some cases, it may affect you at home or in the community.



A decision about your care will have been made by health or social care professionals, or family, because they believe it is the best thing for you, to keep you safe.



There will be rules in place to make sure you are looked after properly.

These rules are called Safeguards.

For example, if you go outside, you may need to have someone with you.



One of the DoLS rules is that you will have a Representative who will make sure you are being cared for and treated properly.

A Representative could be a family member or a friend.



If you have no family or friends who are available when you need them, then an Independent **Advocate** will be your Representative.



Your Advocate is there to support you.

They will make regular visits to see you and check that you are being looked after in the right way.



Being **independent** means the Advocate does not work for the NHS, Social Services, or other health care providers.



The support you get from an Advocate is free.

PRIVATE



You can meet your Advocate in private.



Your Advocate will talk to people that care about you, like

- health and social care professionals
- family and friends
- carers and care workers

This will help the Advocate understand more about the care you are getting.



When you live in a care home or hospital, there are certain rules about how you should be treated and cared for.



Your Advocate will check that these rules are being followed.



If you are unhappy with the rules, your Advocate can ask for a review to make sure you are being treated in the right way.

A review might make changes to the rules.



If you are still unhappy about your situation, your Advocate can ask for a judge in the Court of Protection to decide what is best.



If you would like to know more about our Advocacy services, please contact us



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Text PEOPLE to 80800 followed by your message



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