



## **Helping Others Participate and Engage (HOPE)**

### **Become a Volunteer Advocate and help others**

An exciting new project needs your help to support older people (50+) and carers in your community.

HOPE will enable older people and carers to engage with professionals, participate in their communities, understand their rights as an older person, access information to make informed choices and, at the end of the day, have their voices heard.

HOPE will make a huge difference to the lives of many older people who currently don't know how to deal with their concerns or don't have the confidence to speak up about what they really need. This project will help shine a light on their needs and aspirations so they can live a more fulfilling and dignified later life.

HOPE is recruiting and training community based volunteers all over Wales to provide independent advocacy support to local older people and carers so they can help shape the key decisions affecting their lives and avoid getting into a crisis situation.

Volunteers will be providing the support on the telephone or via video call, where available, due to the current Covid-19 situation. Age Cymru wants to ensure the safety of all its staff and volunteers and is following Welsh Government and Public Health Wales Guidance.

The HOPE project is a partnership project between Age Cymru, Age Cymru local partners and Age Connects Wales partners across the whole of Wales.

To find out more about HOPE and how you can be trained to become a Volunteer Advocate and support people in your community, email:

[advocacy@agecymru.org.uk](mailto:advocacy@agecymru.org.uk)

Or go to our website:

[www.agecymru.org.uk/advocacy](http://www.agecymru.org.uk/advocacy)