

Independent Mental Capacity Advocacy (IMCA)



Helping you to make difficult choices





What are IMCAs?

Independent Mental Capacity Advocates help people who are not able to make big or difficult decisions by themselves.

IMCAs are independent. This means they **do not work for the NHS**

They are for people who have no one apart from staff to help them make choices

An IMCA's role is a bit like a relative or friend who is supporting you.

What will the IMCA do?



An IMCA will meet with you in private. They will listen to your wishes and feelings.



They will explain your wishes to your doctors and nurses.



They can give you information.



If you do not understand something, we will explain it.



An IMCA can come to your review meeting.

They can talk for you in adult protection cases.

When should you have an IMCA?

An IMCA must be asked to support people who aren't able to make big decisions.

Your nurse should call an IMCA when your doctors want to start or stop serious medical treatment.



They should also call an IMCA if your doctors or the council want you to stay in hospital for more than 28 days.



Your nurse should call an IMC advocate if your doctors or the council want you to live in a new house for more than two weeks.



When an IMCA would not be involved

An IMCA does not get involved if you need emergency medical treatment to save your life.

An IMCA does not get involved if you would be 'homeless' if you didn't go into a care home.

How to ask for an Independent Mental Capacity Advocate

Bristol

Bristol MIND

35 Old Market Street, Old Market, Bristol, BS2 0EZ

Tel: 0117 980 0371

Email: admin@bristolmind.org.uk

Or visit www.bristolmind.org.uk/our-services/advocacy

Swindon

Swindon Advocacy Movement (SAM)

Sanford House, Sanford Street, Swindon, SN1 1QH

Tel: 01793 616562

E-mail: imcaswindonadvocacy@btconnect.com

Bath

Bath MIND

13 Abbey Church Yard, Bath, BA 1 1LY

Tel: 01225 316330

E-mail: imca@bathmind.org.uk

Wiltshire

Swan Advocacy Network 26 Milford Street, Salisbury

Wiltshire, SP1 2AP

Tel: 01722 341851

E-mail: mail@swanadvocacy.org.uk

South Gloucestershire

Imca@TheCareForum, The Vassall Centre, Gill Avenue,
Fishponds, Bristol, BS16 2QQ

Tel: 0808 808 5252

E-mail: imca@thecareforum.org.uk

North Somerset

Friend, 39, Oxford Street, Weston-Super-Mare, North
Somerset, BS23 1TN

Tel: 01934 622292

E-mail: admin@friendcmhrc.com



If you are not happy about your care,
you can contact PALS.

To contact PALS



You can telephone PALS on:
0800 073 1778 or
01249 468261



You can write to PALS at:
AWP PALS Jenner House
Langley Park Avon Way
Chippenham, SN15 1GG



You can email PALS at:
awp.PALS@nhs.net

We can give you larger print copies of this leaflet and
we can put it on tape too. Please ask if you would like
one of these.

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