



# Advocacy and Counselling

## A short description

The Patient Voice Volunteering role does not include Advocacy and counselling. Below is an explanation of what these two terms mean.



### What is Advocacy?

If someone finds it difficult to understand their care and support or they find it hard to speak up, there are people who can act as a spokesperson for them. They make sure you're heard and are called advocates.

#### For example, they can help someone:

- understand the care and support process
- talk about how you feel about your care
- make decisions
- challenge decisions about your care and support if you do not agree with them
- stand up for your rights



### What is Counselling?

Counselling is a talking therapy that involves a trained therapist listening to the individual and helping them find ways to deal with emotional issues. Sometimes the term "counselling" is used to refer to talking therapies in general, but counselling is also a type of therapy in its own right.



# Eiriolaeth a Chwmsela

## Disgrifiad byr

Nid yw'r rôl Gwirfoddolwr Llais y Claf yn cynnwys eiriolaeth a chwmsela. Isod mae esboniad o ystyr y termau hyn.



### Beth yw Eiriolaeth?

Os yw rhywun yn ei chael hi'n anodd deall ei ofal a'i gymorth neu ei fod yn ei chael hi'n anodd siarad, mae yna bobl sy'n gallu gweithredu fel llefarydd ar eu rhan. Maen nhw'n sicrhau eich bod chi'n cael eich clywed ac fe'u gelwir yn eiriolwyr.

Er enghraifft, gallant helpu rhywun i wneud y canlynol:

- deall y broses gofal a chymorth
- siarad am sut rydych chi'n teimlo am eich gofal
- gwneud penderfyniadau
- herio penderfyniadau am eich gofal a chymorth os nad ydych yn cytuno â nhw
- sefyll dros eich hawliau



### Beth yw Cwmsela?

Therapi siarad yw chwmsela sy'n cynnwys therapydd hyfforddedig yn gwrandao arnoch chi ac yn eich helpu i ddod o hyd i ffyrdd o ddelio â materion emosiynol. Weithiau defnyddir y term "chwmsela" i gyfeirio at therapïau siarad yn gyffredinol, ond mae chwmsela hefyd yn fath o therapi ynddo'i hun.