

I would like more information about

- A presentation to my organization
- Joining the Board of Directors
- Becoming a Citizen Advocate
- Helping with fundraising
- Making a contribution
- Providing occasional help
- Assisting with support issues

Name _____

Address _____

Telephone _____

Email _____

Call or mail to:
Thames Area Citizen
Advocacy Program, Inc.
80 Broadway
Norwich, CT 06360
(860) 823-3778

Susan Morton

E-mail: coordinator@tacapct.org

**Do you believe that every
person is entitled to
a full and meaningful life?**

**Do you believe that you
can help improve the quality
of life for another person?**

If you believe
you can make a difference

Get Involved

Become a Citizen Advocate,
Board Member or
Citizen Advocacy Supporter today!

Call 860-823-3778

Coordinator
Susan Morton

TACAP



Thames Area Citizen Advocacy Program, Inc.

A non-profit social service agency

*Building bridges between
senior citizens and those with
disabilities and our community*

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GOALS

- To improve the quality of life for senior citizens and those with disabilities living in New London County nursing homes by offering them the opportunity to have a friend and advocate.
- To make it possible for senior citizens and those with disabilities living in New London County who have limited family or friend support, to, as fully as they are able, participate in the mainstream of community life.
- To identify issues and problems facing senior citizens without family or friends involved in their lives, and to assist Citizen Advocates in addressing those issues.
- To make the community as a whole more aware of the unmet needs and desires of senior citizens and people with disabilities living in nursing homes.

The Role of a Citizen Advocate



A Citizen Advocate willingly takes on one or more roles to improve the quality of life for a person living in a nursing facility who has limited contact with family and friends. The specific roles are determined by the Citizen Advocate and his or her Protégé, and may include:

- Inviting your Protégé to participate in your family life.
- Acting on behalf of the needs and interests of your Protégé.
- Introducing your Protégé into the mainstream of community life.
- Speaking out on behalf of your Protégé at meetings of service providers.
- Acting on behalf of the needs and interests of your Protégé with as much energy as you would expend to protect your own interests.
- Doing the ordinary things that define friendship like shopping, going to the movies, walking in the park, talking to each other, meeting friends.

The Role of TACAP



Our role is to improve the quality of life for people living in nursing facilities by bringing together a volunteer Citizen Advocate with an isolated senior or person with disabilities. We then create and support a long-term, unpaid, one-to-one relationship between the Citizen Advocate and his or her Protégé.

With the support and assistance of the TACAP Board of Directors and the Coordinator, the Citizen Advocate provides opportunities for his or her partner, which was seldom previously available. Working together the Citizen Advocate and Protégé eliminate barriers such as discrimination and isolation, creating bridges which make it possible for the Protégé to become a meaningful member of the community.

TACAP provides training to the Citizen Advocate before making a match, and follow-along support for both the Citizen Advocate and Protégé for as long as they want this support and assistance. It is important to understand that the Citizen Advocate is a volunteer to his or her Protégé, not to the Citizen Advocacy program, and as such, the two people involved in the relationship set the goals and boundaries of their relationship.

While the Board of Directors manage the program and set guidelines for the staff coordinator, it is the Citizen Advocate who gives meaning and purpose to the concept of Citizen Advocacy.