

Living the life I want, keeping safe and well: wellbeing and independence

I can live the life I want and do the things that are important to me as independently as possible.

I am treated with respect and dignity.

I feel safe and am supported to understand and manage any risks.

I am supported to manage my health in a way that makes sense to me.

I have people in my life who care about me – family, friends, and people in my community.

I am valued for the contribution that I make to my community.

I have a place I can call home, not just a 'bed' or somewhere that provides me with care.

I live in a home which is accessible and designed so that I can be as independent as possible.

Having the information I need, when I need it - information and advice

I can get information and advice that helps me think about and plan my life.

I can get information and advice about my health and how I can be as well as possible – physically, mentally, and emotionally.

I can get information and advice that is accurate, up to date and provided in a way that I can understand.

I know about the activities, social groups, leisure, and learning opportunities in my community, as well as health and care services.

I know what my rights are and can get information and advice on all the options for my health, care and housing.

I know how to access my health and care records and decide which personal information can be shared with other people, including my family, care staff, school or college.

Keeping family, friends and connections: active and supportive communities

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I know how to access my health and care records and decide which personal information can be shared with other people, including my family, care staff, school or college.

I have people who support me, such as family, friends, and people in my community.

I can meet people who share my interests and have the opportunity to join and participate in a range of groups.

I feel welcome and safe in my local community and can join in community life and activities that are important to me.

I have opportunities to learn, volunteer and work and can do things that match my interests, skills, and abilities.

I can keep in touch and meet up with people who are important to me, including family, friends and people who share my interests, identity, and culture.

I have a co-produced personal plan that sets out how I can be as active and involved in my community as possible.

My support, my own way: flexible and integrated care and support

I have care and support that enables me to live as I want to, seeing me as a unique person with skills, strengths, and personal goals.

I am in control of planning my care and support. If I need help with this, people who know and care about me are involved.

I know how much money is available to meet my care and support needs. I can decide how it is used – whether it is my own money, a health or social care personal budget, or a budget managed on my behalf.

I have care and support that is co-ordinated, and everyone works well together and with me.

I can choose who supports me, and how, when and where my care and support is provided.

I can get skilled advice and support to understand how my care and support budgets work and enable me to make the best use of the money available.

I can get skilled advice and support to recruit and manage my personal assistants, whether I employ them, or an organisation does.

Staying in control: when things need to change

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Appendix 2 Making it Real I statements

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I am supported to plan ahead for important changes in life that I can anticipate.

When I move between services, settings or areas, there is a plan for what happens next and who will do what, and all the practical arrangements are in place before change happens.

If I move from my home to another place, the people who are important to me are respected, listened to, supported, and involved in decisions.

If my medication has to change, I know why and am involved in the decision.

I can plan ahead and stay in control in emergencies. I know who to contact and how to contact them and people follow my advance wishes and decisions as much as possible.

I know what to do and who I can contact when I realise that things might be at risk of going wrong or my health condition may be worsening.

I am supported by people who see me as a unique person with strengths, abilities, and aspirations.

I am supported by people who listen carefully, so they know what matters to me and how to support me to live the life I want.

I am supported to make decisions by people who see things from my point of view, with concern for what matters to me, my wellbeing and health.

I have considerate support delivered by competent people.

The people who support me: workforce

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