



## Take control of your life.

Real Life Options supports people to live the life they want to live.



This is an easy read version of the Taking Control of Your Life brochure.

# Are you doing what you want?

**Real Life Options**

a real choice | a real voice | a real difference

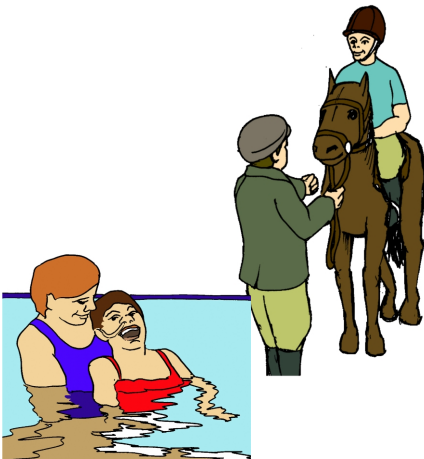


Real Life Options supports people with learning disabilities or autism to live the life they want.



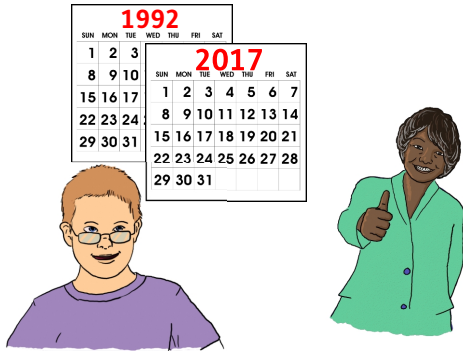
We believe that with the right support you can:

- be as independent as you can be



- get all you can out of life

# About us



We have been supporting people with learning disabilities or autism for more than 25 years.



We make sure:

- what you need and want are seen as most important when planning your support



- you are in control of your support



- you are as independent as you can be

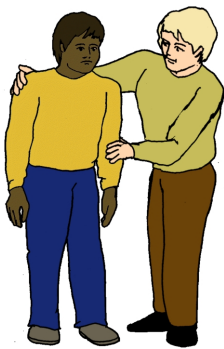


- you make the choices about your life



## Our Vision - or what we want to see happen:

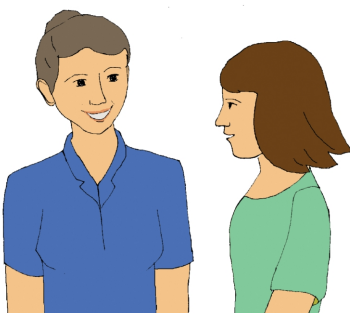
We want to be known as one of the best organisations at supporting people to do all they can.



## Our Purpose - or what our job is:

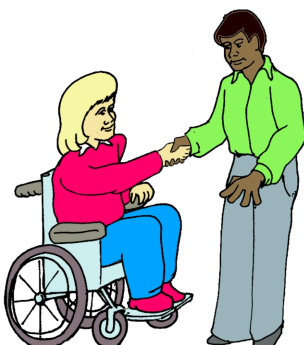
To give great care and support.

## Our Values - or how we will do things:



### Respecting you

- We will listen.



- We will treat you equally and fairly.



## Being honest

- We will be truthful.



## Being responsible

- We will do the things we say we will.



- We will do a good job in your area and community.



- We will look after money and spend it well.



- We will do what we can to look after the world.



## Being great

- We will get people working together.



- We will get people working in new ways.



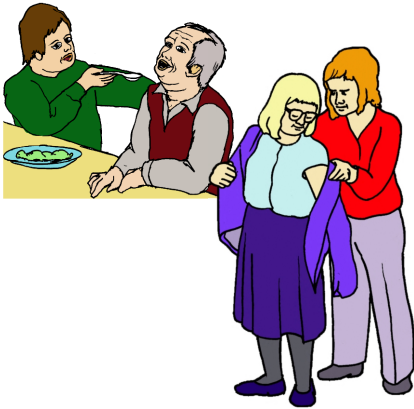
- We will help people to do their best.

# Who we support

We support:



- people with learning disabilities or autism



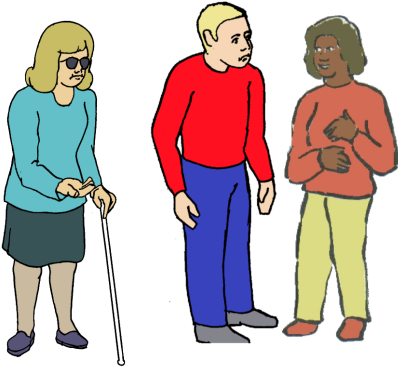
- people who need a lot of different kinds of support



- people with challenging behaviours



- people with physical disabilities



- people who are blind, deaf or do not speak



- people with dementia - a serious illness that affects the memory and brain and makes people confused



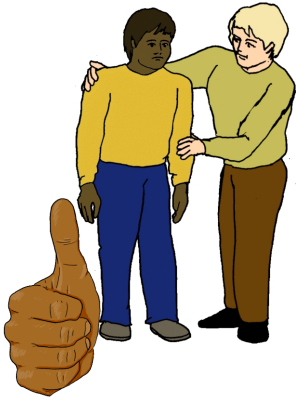
- older people



- people who are dying and need special care



# Our services



People know that we are good at giving new types of good support. We always think about what you need. So we work with:



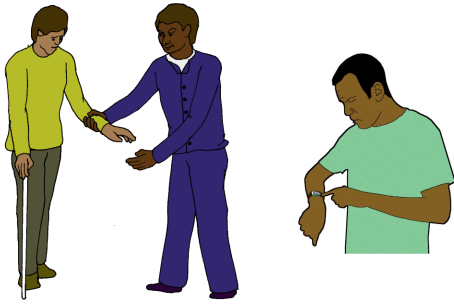
- people living alone with support all the time



- people living with others with support all the time



- supported living - when you choose where you live, who you live with and what support you get



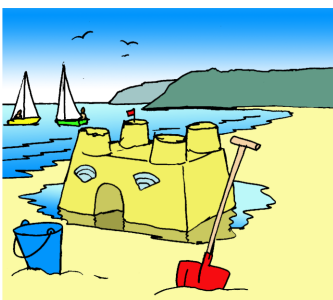
- support at the times and places you say you want support



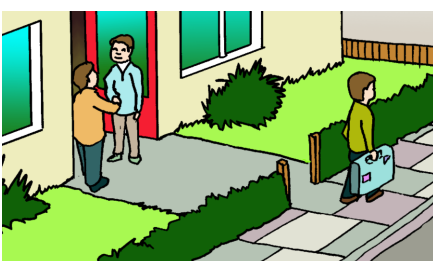
- care homes



- interesting day time choices



- short breaks



- a stay away from home so that everyone can have a rest



- support for people who are dying and need special care



We support over 1,500 people and have almost 2,000 staff.

# What we do best



We work hard to:

- support each person to do what they want



- check what you need to keep healthy - especially when you have a health problem that may get worse



- support people with challenging behaviours to keep calm. We work hard to understand what upsets people and change things for them



- work with people on how best to understand them -and for everyone we support to understand us



- support people with autism who have other disabilities and health problems



- support people with autism who find life very difficult

## We promise



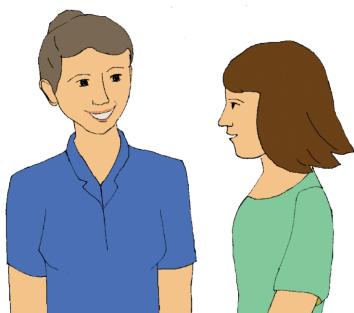
We have very good services that will help you enjoy your life doing the things that are important to you.



We will keep you safe doing interesting things where you live.



**A real choice** - you will always decide what you want to do.



**A real voice** - we will always listen to you.



**A real difference** - we will always move forward together.



We will:

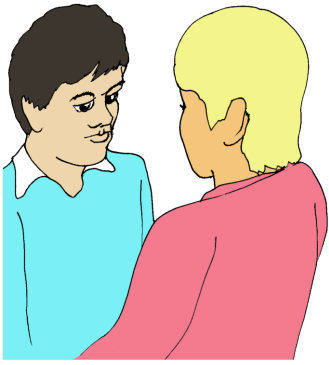
- give you the support that you need and want



- always involve you, your family and friends when we plan your support. What you want and need comes first



- check that your life is the way you want it



- always listen to you



- help you get what you want out of life



## For more information



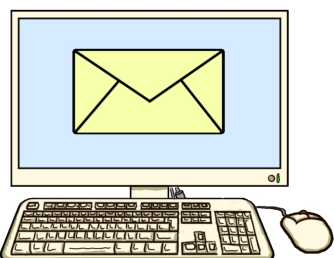
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