

My Real Life Options

Enabling people to reach their potential



Every person is unique and communicates in a way that is meaningful to them. The people we support and their advocates must be heard. Their voices should guide their support, inspire and influence the wider organisation and their communities.



People should feel empowered to have choice and control in their lives. We spend time getting to know every person to understand what is important to them. Support is uniquely tailored to each individual to live the life they choose. Putting their choices first, we focus on a person's strengths and capabilities, working with them to achieve their real potential.



It is important that people feel happy and loved and enjoy positive friendships and relationships. We support and encourage active participation from their circle of support to enable individuals to have a sense of belonging and to feel valued.



Everyone should feel valued and have a sense that they belong within their community. Individuals are supported to explore opportunities to integrate with others who have shared interests. People are encouraged to contribute to their communities, learn new skills and try new experiences that enables greater independence.



Home is where the heart is, a place where we belong. It is our safe space where we can express our personality. We enable people to live as independently as possible in their own homes, supporting their everyday choices about their home environment and the way they live their lives.



Good health and wellbeing is fundamental to getting the most out of life. As people transition through life we support them as their circumstances, needs and aspirations change. We encourage individuals to maintain a healthy lifestyle and make choices that positively contribute toward their general wellbeing.

