



# Asking the People We Support

Service:

Date:



EasyRead version

# 1. My Voice



1. I am listened to.



Always

Sometimes

Never

Not applicable



2. I can take part in my reviews.



Always

Sometimes

Never

Not applicable



3. I tell people what I want in my own way.



Always

Sometimes

Never

Not applicable

## 2. My Choices



1. I choose how I spend my time.



Always      Sometimes      Never      Not applicable



2. I choose how I spend my money.



Always      Sometimes      Never      Not applicable



3. I choose how I like to live.



Always      Sometimes      Never      Not applicable

### 3. Special people I know



1. I spend time with people who are not paid to be with me.



Always

Sometimes

Never

Not applicable



2. I stay in touch with friends and family.



Always

Sometimes

Never

Not applicable



3. I can keep friendships private if I want.



Always

Sometimes

Never

Not applicable

## 4. My Community



1. I am able to do the same things in the community as other people.



Always

Sometimes

Never

Not applicable



2. I take part in my community.



Always

Sometimes

Never

Not applicable



3. I go to places I want to.



Always

Sometimes

Never

Not applicable



## 5. My Home



1. I feel happy and safe in my home.



Always    Sometimes    Never    Not applicable



2. I can invite my friends and family home.



Always    Sometimes    Never    Not applicable



3. I take part in how my home is run.



Always    Sometimes    Never    Not applicable

## 6. My Wellbeing



1. I get the support I need to be healthy.



Always      Sometimes      Never      Not applicable



2. I get the support I need to feel clean and tidy and wear what I want to wear.



Always      Sometimes      Never      Not applicable



3. I am happy and live the life I want to.



Always      Sometimes      Never      Not applicable

## 7. COVID-19



1. I get the support I need to feel safe.



Always

Sometimes

Never

Not  
applicable



2. I know what is going on and what everyone should do to be safe.



Always

Sometimes

Never

Not  
applicable



## 8. Tell us more



1. What does Real Life Options do well? Please say in this box.



2. What could Real Life Options do better? Please say in this box.



3. Anything else you would like to tell us? Please say in this box.

## 9. Thank you for telling us what you think



To say thank you, we would like to enter your name in a prize draw. 10 lucky winners will get the chance to win a £10 voucher.

1. If you would like to be entered into the prize draw, please tick below.



Yes



No



Real Life Options has My Voice meetings where people can talk about the support they get.



By listening to what you say, Real Life options can make everyone's support better.



2. If you would like to take part in a My Voice group meeting, please tick below.



Yes

No



If you have said yes to question 1 or to question 2, please give us your details below.



Your Name:



Your email address or telephone number:



Please give this form back to your support staff or hand in at your local service office.



These questions came from:

**Real Life Options**  
**David Wandless House**  
**A1 Business Park**  
**Knottingley**  
**West Yorkshire**  
**WF11 0BU**



[www.reallifeoptions.org](http://www.reallifeoptions.org)



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