



## How We Support People - 2022

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. 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.

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



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.



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

☐

Yes

☐

No



If you have said yes, please give us your details on the next page.





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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