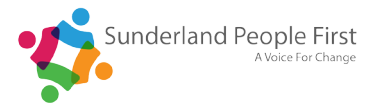
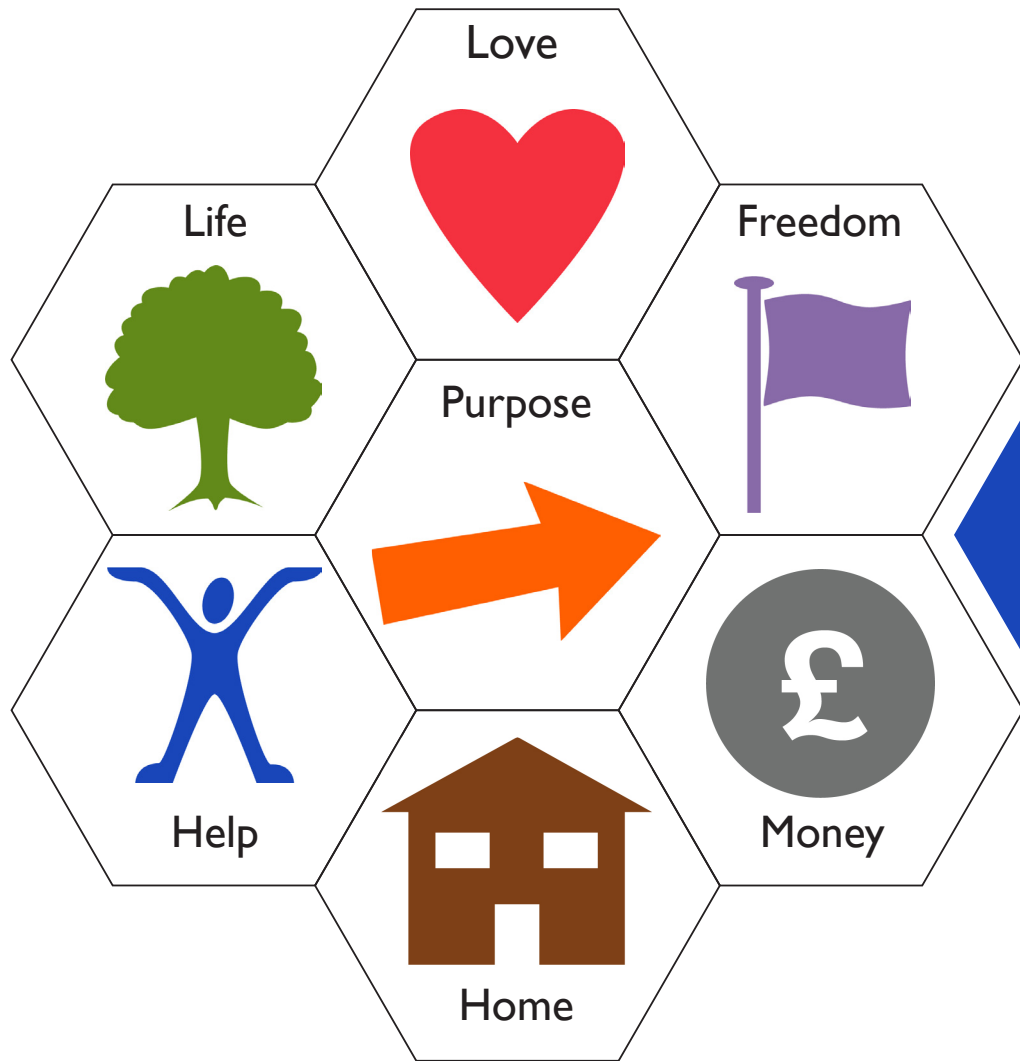




# We are all citizens

workbook





# How do I feel about my life?

The workbook for helping people to discuss what a good life looks like.

This is a personal measurement of quality of life on 7 Keys to Citizenship.









Acknowledgement:

The Keys to Citizenship were developed by Simon Duffy and Wendy Perez as a framework for people and their families to explore good support. It enables them to focus on areas of life that assist people to live as active and valued citizens. The facilitation guide - 'How I feel about my life?' should be followed when completing the workbook.

**Section 1** This is for you to go through to gather your views and opinions, about your life. It can be used to help have different conversations about your life or for families/carers and staff to use to support you to plan what you want your life to look like. It will give you good ideas about what is possible. There is an option to check how you feel and space for notes about what you might want to do differently in the future.

**Section 2** Planning for the future.  
Useful things to help you to get a better life.  
How this workbook can help you and others.

# Things to remember when using the workbook

-  Read through all of the workbook – and check out what the keys mean
-  Its up to you if you would like to complete the workbook
-  Remember that it's about having different conversations and not about the score at the end
-  This workbook is yours and there are no wrong answers, make it work for you
-  The workbook is not about checking your care, but it can help make sure you have the right support
-  The workbook is to help you get a better life, if that is what you want

# There are 7 keys to citizenship

- 1 Purpose** – set your own direction in life
- 2 Freedom** – take charge of your own life
- 3 Money** – have enough to live on
- 4 Home** – have a place where you belong
- 5 Help** – get good help from other people
- 6 Life** – get stuck in and make a difference
- 7 Love** – find friendship, love and family

# Purpose (Direction)



Purpose means citizens having lives that are meaningful and that have a sense of purpose. Finding meaning in your life, being part of and contributing to others and community, having a direction.



## We can find our sense of purpose through:

- Having faith in our unique gifts and finding ways to share them making the best of everything we've got
- Finding the people in your life, who believe in you and who can help you find your way
- Finding meaning by joining in with things that matter to you in your community
- Following our dreams and not only playing it safe; life is for living!



## What could this look like in real life?

Being part of a family, network or community that matches things that are important to you

Employment – roles that matter to you – have a job that matters to you

Having control of choices to explore what matters to you

Being able to take part in something that matters to you

Feeling valued for your contribution

Motivated and engaged in what you want to do


























Looking forward to your day / happiness / laughter / joy

Having fun experiences/ opportunities to try new things/ explore what's important

## Some questions to help you think about your purpose or direction:

This is about having a discussion about what is important to you, and how you feel.

You may need additional support, time and opportunity to think through what this means.

These are useful questions, which can help the discussion and help you think about how you feel.	How I feel about this?	Average rating
1. I have a job or a role that is important to me?	    	
2. I feel good about myself?	    	
3. I enjoy my life?	    	
4. I have the chance to learn new things?	    	
5. I have hopes and dreams?	    	

### Using the scale - it is up to you!

The aim is to use the scale to think about how you feel, and how often you feel like this. The aim would be to work through the useful questions and have wider discussion. This will help to give a score for each question and an average score for the key. However if you don't want to use it, that's fine too.



Never



Not much



Sometimes

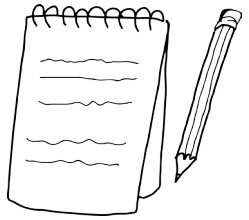


Most of the time



All of the time

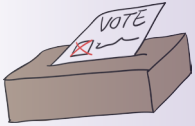
## Discussion notes





# Freedom

All Citizens are free; however many people experience people taking control of their lives. It is essential that we support ALL people to protect their freedom and speak up for themselves.



## We can find our freedom through:

- Supporting everyone with self advocacy
- Supporting people who don't use words to communicate
- Freedom to act, think and be heard
- Support to feel safe
- Being in control of our lives
- Making mistakes, making decisions, knowing your way
- Listening to people who love and care about you

## What could this look like in real life?

Understanding your rights and exercising your rights, i.e. work, voting, independence (knowing what that is)

Family, relationships, be alone

Being able to make your own choices and change (people and places)

Be able to dream, hope, wish (with the possibility of making it happen)


























To have your own voice and be heard

Know what your opportunities are

## Some questions to help you think about your freedom:

This is about having a discussion about what is important to you, and how you feel.

You may need additional support, time and opportunity to think through what this means.

These are useful questions, which can help the discussion and help you think about how you feel.	How I feel about this?	Average rating
1. I can speak up for what I want?	    	
2. I know my rights?	    	
3. I feel free to choose how I want to live? (culturally, religion, routines)	    	
4. I know how to get help and advice?	    	
5. I make my own decisions?	    	

## Using the scale - it is up to you!

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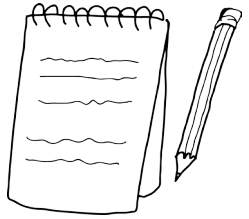


Most of the time



All of the time

## Discussion notes



# Money



Citizens need money, at least enough to allow us to live with dignity and security.



## We can manage money through:

- ◆ Our right, we should all be entitled to enough money to live on
- ◆ Be able to earn, we may be able to find work to earn more money
- ◆ Use it as we want to
- ◆ Help to manage our money well
- ◆ Enough to save



## What could this look like in real life?

Have a good/fair income

Able to manage the money you have

Have a bank account/advice/loans/mortgage

Have control over your money or someone you trust to look after it

Being able to plan things you value and being able to pay for it

Have your own personal goal with money, how much to save each month






Pay someone to manage my money

Have the opportunity to earn a living wage

## Some questions to help you think about your money:

This is about having a discussion about what is important to you, and how you feel?

You may need additional support, time and opportunity to think through what this means.

These are useful questions, which can help the discussion and help you think about how you feel.	How I feel about this?	Average rating
1. I have enough money to cover my bills?		
2. I know how much money I have?		
3. I choose how to spend my money?		
4. I use my money to live the way I want?		
5. I have enough money to make my plans for the future?		

### Using the scale - it is up to you!

The aim is to use the scale to think about how you feel, and how often you feel like this. The aim would be to work through the useful questions and have wider discussion. This will help to give a score for each question and an average score for the key. However if you don't want to use it, that's fine too.



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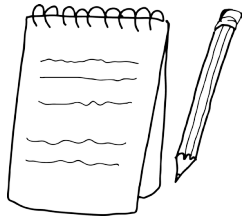


Most of the time



All of the time

## Discussion notes



# Home

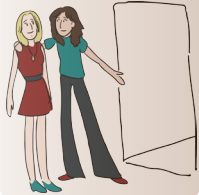


Home is a place you feel safe, and have the people around that you want and choose to be with. Belonging is not only about a home, but connection to community.



## Home should be and feel:

- ◆ A place where you are in control
- ◆ Belonging to your community
- ◆ Connected to people
- ◆ Invite who you want to your home
- ◆ Feel safe
- ◆ Feel secure




























## What could this look like in real life?

- Controlling who comes and goes
- Come and go as you please
- Having private space
- Choose your community
- Being in your community
- Choice of who you live with
- Choice of how your home looks
- You can move if you wish to
- Feeling safe/ familiar
- You can own your own home

## Some questions to help you think about your home life:

This is about having a discussion about what is important to you, and how you feel?

You may need additional support, time and opportunity to think through what this means.

These are useful questions, which can help the discussion and help you think about how you feel.	How I feel about this?	Average rating
1. I feel happy, safe and secure where I live?	    	
2. I like who I live with?	    	
3. I have my own possessions and look after my home how I want to?	    	
4. I have what I need to live in my own home comfortably?	    	
5. I have privacy - I choose who I invite to visit and when?	    	

### Using the scale - it is up to you!

The aim is to use the scale to think about how you feel, and how often you feel like this. The aim would be to work through the useful questions and have wider discussion. This will help to give a score for each question and an average score for the key. However if you don't want to use it, that's fine too.



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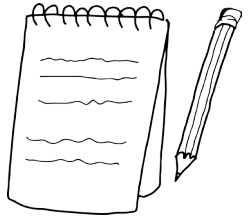
Most of the time



All of the time

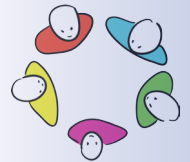


## Discussion notes



# Helping each other

Citizens need help – we all need help and benefit from helping others.



## Ways to help each other are:

- ◆ Connecting to people
- ◆ Noticing when something is wrong
- ◆ Offering to help
- ◆ Accepting help
- ◆ Respecting others

## What could this look like in real life?

Having family and friends who have my back

Support others in different ways

Having someone to talk to

Help with what **you** need


























Getting help in the way that works for you

**Good Help** ... makes you feel it's worth it, is respectful, is thoughtful, your choice

## Some questions to help you think about the help in your life:

This is about having a discussion about what is important to you, and how you feel.

You may need additional support, time and opportunity to think through what this means

These are useful questions, which can help the discussion and help you think about how you feel.	How I feel about this?	Average rating
1. I can ask for help?	    	
2. I know where to get help?	    	
3. People ask me for help?	    	
4. I feel needed?	    	
5. I have people I trust?	    	

### Using the scale - it is up to you!

The aim is to use the scale to think about how you feel, and how often you feel like this. The aim would be to work through the useful questions and have wider discussion. This will help to give a score for each question and an average score for the key. However if you don't want to use it, that's fine too.



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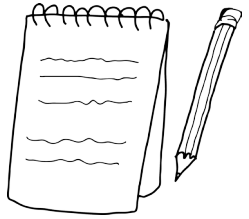


Most of the time



All of the time

## Discussion notes



# Living Life in Community

Being active and feeling a part of a community makes life more interesting. Community is where life is!



## In your community you can:

- Join in and you will find lots more going on in your community if you look
- Have work in your community
- Be together and meet other people and make friends - together we can achieve so much more
- Have fun!

## What could this look like in real life?

Having people you can laugh with

Being happy with your lot

Going out / staying in

Getting to do what's important to you

Having aspirations/plans/hopes/dreams – long and short term






Feeling part of something that's right for you

Friendship and feeling good about yourself

## Some questions to help you think about your community life:

This is about having a discussion about what is important to you, and how you feel.

You may need additional support, time and opportunity to think through what this means.

These are useful questions, which can help the discussion and help you think about how you feel.	How I feel about this?	Average rating
1. I am part of a community?		
2. I am happy with the community activities that I take part in?		
3. I have the opportunities to help my community when I can?		
4. I have the right support to connect me to my community of choice?		
5. I spend my time with friends?		

### Using the scale - it is up to you!

The aim is to use the scale to think about how you feel, and how often you feel like this. The aim would be to work through the useful questions and have wider discussion. This will help to give a score for each question and an average score for the key. However if you don't want to use it, that's fine too.



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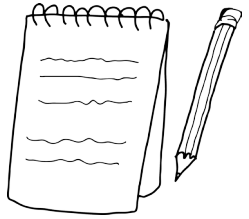


Most of the time



All of the time

## Discussion notes



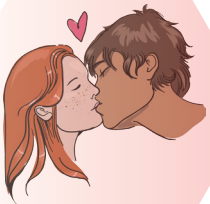
# Love

The most important thing is love. Everyone needs people to love and who love and care about them.



## We can find Love through:

- ◆ Friendships
- ◆ Relationships
- ◆ Intimacy
- ◆ Connections
- ◆ Spending time with people you like



## What could this look like in real life?


























Physical contact when you want it  
Friendship – regular contact  
Understanding own sexuality  
Making plans with people  
Feeling of belonging  
Trust  
Being connected to people you know  
Acceptance / familiarity  
Forgiving nature  
Shared vocabulary  
Sharing things that have happened  
Respecting boundaries of relationships  
Having sex, it's your choice



## Some questions to help explore love in your life:

This is about having a discussion about what is important to you, and how you feel.

You may need additional support, time and opportunity to think through what this means.

These are useful questions, which can help the discussion and help you think about how you feel.	How I feel about this?	Average rating
1. I have friends?	    	
2. I have a good social life?	    	
3. I have a close intimate relationship?	    	
4. I get support to meet new people and make friends?	    	
5. I keep in touch with people who are important to me?	    	

## Using the scale - it is up to you!

The aim is to use the scale to think about how you feel, and how often you feel like this. The aim would be to work through the useful questions and have wider discussion. This will help to give a score for each question and an average score for the key. However if you don't want to use it, that's fine too.



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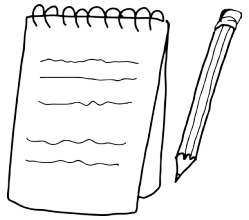


Most of the time



All of the time






## Discussion notes



# How do I feel about my life?

Summing up page - its up to you if you wish to use this page!

Please enter your average rating for each key (this could be X or a score).This will help explore what your whole life is like, and what is important to you.

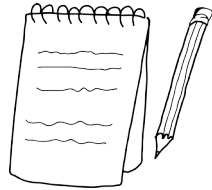
Average rating for each key	Purpose	Freedom	Money	Home	Help	Life	Love
 All of the time							
 Most of the time							
 Sometimes							
 Not much							
 Never							
Average rating for each key	Purpose	Freedom	Money	Home	Help	Life	Love

## Section 2 Planning for the future.





These are some questions to help you plan for the future.

- ◆ **What's important?**
- ◆ **What needs to change?**
- ◆ **What steps are needed?**
- ◆ **Who can help?**
- ◆ **Who needs to know this information?**

### Discussion notes



## Here are some useful links

-  **1. Purpose** – having goals, hopes and dreams and meaning in life and a plan to achieve this  
<http://www.togethermatters.org.uk/im-thinking-ahead-editable-version/>
-  **2. Freedom** – having control and the ability to speak up and be heard and to be legally visible in society - taking charge of our own life  
<https://www.bihhr.org.uk/learning-disability-autism-and-human-rights>  
<https://www.equalityhumanrights.com/sites/default/files/human-rights-act-learning-disabilities.pdf>
-  **3. Money** – having enough money to live a good life and control over how that money is spent – using your resources in a way that makes sense  
<http://www.dosh.org/>  
<https://arcuk.org.uk/wp-content/uploads/2013/05/Helping-young-people-with-learning-disabilities-to-understand-money.pdf>
-  **4. Home** – having a place that belongs to us where we have control over everything that happens there and feel safe - a base for a good life  
<http://www.housingandsupport.org.uk/home>
-  **5. Help** – having good help that enhances our gifts, talents and skills and supports our standing, freedom, rights and responsibilities?  
<http://www.togethermatters.org.uk/people-with-learning-disabilities-as-carers/>
-  **6. Life** – making an active contribution to our communities - sharing our gifts - making a difference - learning with others - taking risks and having fun  
<https://inclusive-solutions.com/person-centred-planning/>
-  **7. Love** – having loving relationships and friendships - enjoying life, love and sex / intimacy - being part of a family - respecting ourselves and the rights of others?  
<http://inclusionnorth.org/uploads/attachment/764/friendship-booklet.pdf>  
<https://www.choicesupport.org.uk/our-work/supported-loving-campaign>