

# Helping people choose what to do



### What did we find?

Family members, care managers, advocates, peers and others each have important roles in supporting planning and decision making

Without the appropriate support, skills and capacity to make informed choices, these choices are not seen as authentic

Having a personal budget, direct payment or self-directed support can give people more options but not many are benefitting from this

Choice can also be constrained by lack of money and lack of advocacy

### What learning is involved?

Building of skills and confidence, planning and time management

Volunteering is seen as a valued activity, but roles and workplaces are limited with few opportunities to progress to paid employment

### What more can be done?

Organisations could:

- encourage positive risk-taking by providing trial periods to engage in activities and opportunities for progression

Local authorities could:

- make advocacy available as early as possible to focus on life choices and long-term planning



**Having choice to do what you want and access what services you want is only meaningful when there's a genuine choice and when there's options.**

Ellie, advocacy group

