

‘Living my best life’ Facilitators Notes and Questions

These notes and questions have been put together as a guide, the idea is they will help you to structure a conversation with people to get involved in this conversation. This guide may also help when people are completing the “Living my best life” workbook.

The questions are based on a life course matrix, you will not need to go through every question as, generally, you will only be working with people with learning disabilities and/or autism from one of the groups represented in the life matrix – Children and young people, Adults or Older people.

This guide relates to the 5 big ideas:

- I feel **safe** and people in my community care about me.
- I am **healthy** and have help to look after my well-being.
- I **achieve** my goals and make plans for my future.
- I love my home, where I **live** and who I live with.
- I **enjoy** my life, meeting people and having things to do.

Remember, where possible, these are only guide questions and you should use them as a starting point. Please ask follow up questions to suit the people you are working with.

When talking people through the workbook, please prompt people by asking:

- What was your life like before lockdown/Covid-19?
- What has your life been like during lockdown/Covid-19?
- What do you want your best life to be like after lockdown/Covid-19?

Finally, it’s always best to try to work these questions into an ongoing conversation where possible, rather than just asking them as a set of questions. We hope they help.

Section 1: Children and young people – Safe

- 1) What makes you feel happy and safe at school or college? EG. Is it close to where you live?
- 2) What is working well for you in your life now?
- 3) Are you happy with your care and support? If not, Why?
- 4a) Do you feel part of the community you live in?
- 4b) Do you feel respected, safe and not picked on or bullied? Tell us why you answered the way you did.
- 5) Tell us who you would talk to if you needed help and support if you were being picked on or bullied?

Children and young people – Healthy

- 1a) Tell us about how you get help and support at:
 - a) your doctors (GP)
 - b) the hospital
 - c) any other health service(like the dentist)
- 1b) Are you happy with the support and health services you get?
- 2) Do you feel as supported with your mental health needs as you are with your physical health needs? If not, tell us why?
- 3) Do you feel all your health needs are supported well? If not, tell us why?

Children and young people – Achieve

- 1) Do you get the right support to help you make decisions about:
 - a) education and skills (going to college, courses etc)
 - b) making life choices and planning for the future (choosing where to live, jobs, relationships)
- 2) Are the people you care about (family and friends) part of your life and have they always been? Tell us why this is important to you?
- 3) Do you think you are given the chance to set your own goals, plans and ambitions? Tell us how you are or why you feel you are not?

Children and young people – Live

- 1) Who supports you where you live? This could be:
 - a) at home with your parents or carer
 - b) in a group home or supported living
- 2) Do you feel safe and cared for? Tell us why you do/don't?
- 3) Do you take part in activities in your community? Tell us where you go and what you do?
- 4) Does taking part in these things help you to make new friends and meet people?

Children and young people – Enjoy

- 1) Tell us what you do in your own time? Where do you go to take part in things?
- 2) Do you have friends? Do you get to spend time with them and do things together?

Notes

Section 2: Adults – Safe

- 1) Do you use public transport? Tell us if you can go to the places you want to go to, when you want to. Does it work well? Tell us how or why it doesn't?
- 2) What is working well for you in your life now?
- 3) Tell us what you do in your own time? Where do you go to take part and do things?
- 4) Do you feel respected and free from bullying (hate and mate crime)? Tell us why you answered the way you did?
- 5) Tell us who you would talk to if you needed help and support if you were being bullied?

Adults – Healthy

- 1a) Tell us about how you get help and support at:
 - a) your doctors (GP)
 - b) the hospital
 - c) any other health service (like the dentist)
- 1b) Are you happy with the support and health services you get?
- 2) Do you feel as supported with your mental health needs as you are with your physical health needs? If not, tell us why?
- 3) Do you feel all your health needs are supported well? If not, tell us why?
- 4) Do you think your health services and support are equal to the services and support everyone gets? Tell us why you

do/don't think this?

Adults – Achieve

- 1) Do you get the same opportunities and the right support to:
 - a) get a job and work
 - b) volunteer and be part of your community
 - c) get an education or improve your skills
- 2) Are the people you care about (family and friends) part of your life and have they always been? Tell us why this is important to you?
- 3) Do you think you are given the chance to set your own goals, plans and ambitions? Tell us how you are or why you feel you are not?

Adults – Live

- 1) Who supports you where you live? This could be:
 - a) at home with your parents or carer
 - b) in a group home or supported living
 - c) living independently
- 2) Are you given the chance to be as independent as you want to be? Are you given the right support to do this? Tell us more?
- 3) Do you feel safe and cared for? Tell us why you

do/don/t?

Adults – Enjoy

- 1) Tell us what you do in your own time? Where do you go to take part in things?
- 2) Do you have friends? Do you get to spend time with them and do things together?

Notes

Section 3: Older People - Safe

- 1) Do you use public transport? Tell us if you can go to the places you want to go to, when you want to. Does it work well? Tell us how or why it doesn't?
- 2) What is working well for you in your life now?
- 3) Tell us what you do in your own time? Where do you go to take part and do things?
- 4) Do you feel respected and free from bullying (hate and mate crime)? Tell us why you answered the way you did?
- 5) Tell us who you would talk to if you needed help and support if you were being bullied?

Older people – Healthy

- 1a) Tell us about how you get help and support at:
 - a) your doctors (GP)
 - b) the hospital
 - c) any other health service (like the dentist)
- 1b) Are you happy with the support and health services you get?
- 2) Do you feel as supported with your mental health needs as you are with your physical health needs? If not, tell us why?
- 3) Does the support you get in all these areas meet your needs as you get older?

4) Do you feel close and connected to others (friends and family)? Do you feel loved, cared for and valued? Tell us why?

Older People – Achieve

1) Do you get the same opportunities and the right support to:

- a) volunteer and be part of your community
- b) get an education or improve your skills

2) Are the people you care about (family and friends) part of your life and have they always been? Tell us why this is important to you?

3) Do you think you are given the chance to set your own goals, plans and ambitions? Tell us how you are or why you feel you are not?

Older People – Live

1) Who supports you where you live? This could be:

- a) at home with your parents or carer
- b) in a group home or supported living
- c) living independently

2) Are you given the chance to be as independent as you want to be? Are you given the right support to do this? Tell us more?

3) Do you feel safe and cared for? Tell us why you do/don't?

Older People – Enjoy

- 1) Tell us what you do in your own time? Where do you go to take part in things?
- 2) Do you have friends? Do you get to spend time with them and do things together?

Notes

Any other comments...