

The Choice & Control Charter

I have the right to:

- Be treated with respect and as a valued member of the community
- Support to make plans for my life and be told what is available
- Take part in employment, education, leisure activities and short breaks
- Advocacy and be included in meetings that are about me and the services I receive
- Support with my choice of friendships and relationships
- Have someone listen to me if I am worried or upset and know something will be done about it
- Have help to stay healthy
- A choice of where I live from the places available to me
- Have help with communication in a way I understand and tell people what I want them to know
- Equal rights to all the services I need.

