

# **WELLBEING AND GETTING OUT AND** **ABOUT EASY READ BOOKLET:** **YOUR RIGHTS UNDER THE CARE ACT**



**This booklet is an information booklet and will provide you with information about:**

- What Wellbeing is
- Examples of Wellbeing
- Getting out and about

**There is a section for you called:**  
Wellbeing and My Life.

## WELLBEING IS...

**Wellbeing is part of a piece of Law that tells Social Workers what they have to do.**



This is when a Social Worker is assessing you and the law says that they have to make sure that your Wellbeing is met.

**There are 9 areas of Wellbeing, they are:**

- Dignity



- Physical and Mental health – Emotional Wellbeing



- Being safe and staying well



- Making your choices



- Work, College and Training



- Social and Money



- Family/Personal Relationships



- Where you live



- Being part of society



## GETTING OUT AND ABOUT...

You can tell your social worker that you want to get out and about—**The Social Worker has to listen to you.**



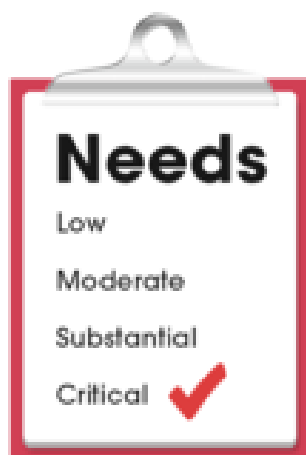
If they think not getting out and about could make you unwell, then they **MUST** do something to help you to do it.



This is because The law says that ‘Wellbeing’ is important and when a Social Worker is assessing you; they have to make sure that your Wellbeing is met.



The social worker will talk about needs, your wellbeing can help to make your needs clear.



## Getting out and about can include:

- Going Shopping



- Seeing Friends



- Getting a bus/train



- Exercise



- Getting your hair cut



We can show with Wellbeing how something you like to do can be a 'need'.

**Dave likes to sing at the pub every Thursday afternoon. The areas of wellbeing this meets for him are:**



- Being part of society



- Physical and Mental Wellbeing



- Making your choices



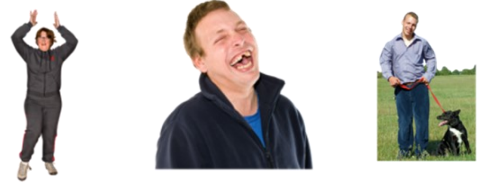
- Social and Money



# EXAMPLES...

I LIKE GOING TO BINGO EVERY TUESDAY AND THURSDAY AFTERNOON.

- Physical and Mental Health—Emotional Wellbeing



- Making your choices



- Social and Money



- Family/Personal Relationships



- Being part of Society





# I LIKE A FEMALE CARER TO DO MY PERSONAL CARE.

- Dignity



- Physical and Mental Health—Emotional Wellbeing



- Making your choices



## I LIKE TO DO MY WEEKLY SHOP.

- Being safe and staying well



- Making Choices



- Social and Money



- Being part of Society



## I MOVED CLOSER TO MY COLLEGE.

- Being safe and staying well



- Making Choices



- Work, College and Training



- Where you live



## WELLBEING AND MY LIFE...

### THIS SECTION IS FOR YOU.

**Write down things that are important to you in your life and then what area of Wellbeing it may include.**



This can include:

- Things that are important to you
- How you like to be supported
- What you like to do

**IMPORTANT TO ME:**

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Area of Wellbeing:

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**I LIKE TO BE SUPPORTED LIKE THIS:**

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Area of Wellbeing:

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## WHAT I LIKE TO DO:

Area of Wellbeing:

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**A SPACE FOR NOTES, DRAWING OR IGNORING...**

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