**Enabling Good Lives Self Review**

* Please complete this review with the person that you are supporting. As much as possible capture their ideas and thoughts on each question.
* If possible, involve family, friends, and other important people in the person you support’s life in this review.
* Think about any changes you might need to make to help the person you are supporting participate in this review (e.g., simplifying the language, using visuals etc).
* This document as be adapted from the Easy Read Enabling Good Lives (EGL) Survey. For more information on Enabling Good Lives go to <https://www.enablinggoodlives.co.nz/>
1. **Who makes the big decision in your life? (Self Determination)**



I do! Sometimes I ask for help and support but it’s always my choice.

I sometimes do, but it is usually with family or paid supports helping me.

I don’t, my friends, family or my supports make decisions for me.

1. **Do you get the support you need when you need it? (Beginning Early)**



Things have to get pretty bad before I am offered any support.

Yes! My supports check with me often about how I am going. If I need help, I get it quickly.

Sometimes. They do check but it is not often, and they don’t always make the changes that I want.

1. **Who decides on what kind of support you get? (Person Centred)**



I don’t choose what support I get. My support depends on who is available.

I mostly get to decide on what support I get, but not everything. My support happens by a plan or schedule.

I do and can have people to help me if I need it. My supports are there when I need them to be.

1. **Are you supported to be in your own community? (Ordinary Life Outcomes)**



I do everyday things in the community when I want to. I am supported to see my family when I want to.

I sometimes do things in the community, but it is only with my family. Or it is dependent on the availability of my support.

I don’t feel supported and do very little. The only activities I do are those specifically for people with disabilities.

1. **Are you supported to access the same kinds of supports in the community as everyone else? For example (Mainstream First)**



I only access specialist disability services.

Sometimes I’m supported to use community supports. It can depend on the availability of my supports.

Yes, I am supported to access community supports in a way that works for me.

1. **Do you feel like the things you have to offer are noticed and appreciated by others? (Mana Enhancing)**



I’m not involved in the sharing of my interests and skills with others. People see me as disabled.

Sometimes, but it depends on who is supporting me. I mainly contribute at home or with paid supports.

Yes, I am supported to practice and use my interests and skills with others often. I have an important role and people expect me to be there.

1. **Is it easy for you to change your support plan when your life changes? (Easy to Use)**



I do not find it easy to talk with someone about my support plan or make changes to it.

Yes, my plan is checked regularly, and I can change it whenever I want.

Sometimes, it depends on what I want to talk about or change.

1. **How does much contact do I have with the important people in my life? (Relationship Building)**



I hardly ever have contact with my friends or family. I don’t see people outside of those who live with or support me.

I am sometimes supported to spend time with my friends and family. But it is dependent on the availability of my supports.

I have contact with my friends and family as much as I like.