

Your Life, Your Choices, Your Support



How Northcott Helps You Every Day



At **Northcott**, we help people make choices about their lives.



We support people to be part of everyday life.



This is called **Supported Decision Making** and **Active Support**.



We do things with people, not for them.



This helps people be involved,
make choices, and build skills.

What is Supported Decision Making?



Supported Decision Making means helping you make your own choices.



We might give you more time or clear information.



We help you understand the options, risks, and benefits.



You can ask someone you trust to help you.



But the choice is always yours.

What is Active Support?



Support

Active Support means helping you join in daily life.



We support you to take part as much as you want and can.



We want to give the right support for you.



Choice

Everyday choices might be about:

- What you eat
- What you wear
- How you spend your day
- Who you spend time with
- What activities you do

Decision Making and Active Support Together



We can help you make choices about your home and your goals.



We can help by giving you more time and clear information.



We can use **Easy Read** , pictures, or objects to help.



You might need help to understand the risks and benefits.



You can ask someone you trust to help you to understand



You may use words or other ways to **tell us what you want.**



This could be signs, gestures, pictures, devices, or behaviour.

What will Northcott Do?



We will listen to what is important to you.



We will give information in a way that you like



We will respect that all customers are different



We will support you to make your own choices.



We will support you to try new things



We will help you understand any risks.



We will help you make choices as safely as possible.



Your life. Your choices. Your support.



Northcott is here to help you make decisions and take part in life.