

WELLBEING AND GETTING OUT AND **ABOUT** **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.**



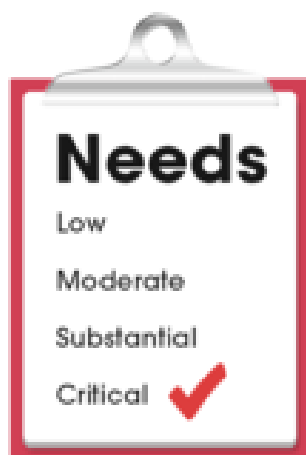
If they think not getting out and about could make you unwell, then they **MUST** do something to help you to do it.



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



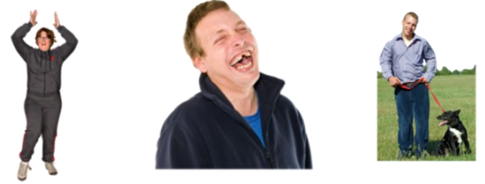
- Social and Money



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:

Area of Wellbeing:

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I LIKE TO BE SUPPORTED LIKE THIS:

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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