HOW DO YOU WANT TO HAVE YOUR SAY?

There are different ways to tell us what you think, feel and want.

Tick any that would help you. You can choose more than one.

☐ **I want to tell you myself**

I might want time to think first, or some help to know what will happen.

☐ **I want someone I trust to help me**

This could be someone I know who helps me feel comfortable and listened to.

☐ **I want to write, draw or record what I think**

I do not have to say everything out loud. We can find another way that works for me.

☐ **I want an advocate to help me**

An advocate is independent. They can help me understand things and make sure my views are heard.

☐ **I'm not sure - help me choose**

Someone can explain the different choices and help me work out what would feel right.

☐ **Something else would help me**

Tell us what would make it easier for you to understand, take part or have your say.

What would help me is:

_____

_____

YOUR VOICE MATTERS

You can choose more than one way to have your say. • You can change your mind. If you do not understand something, ask us to explain it differently. • If you do not feel heard, tell us.

My name (if I want to write it): _____

Date: _____

This form helps us understand what would support participation. It should be used alongside professional discussion and does not replace consideration of advocacy needs.