WHAT WOULD HELP YOU TAKE PART?

We want you to understand what is happening, be able to ask questions and have your views heard.

Tick any of the options that would help. You can choose more than one.

☐ **I'm happy to speak for myself**

I may still want clear information, time to prepare, or the chance to ask questions before or after a meeting.

☐ **I'd like someone I trust with me**

This could be a family member, friend or another person I choose who helps me feel supported and able to take part.

☐ **I need some extra or specialist support**

For example, help with communication, understanding information, language, accessibility or navigating a particular process.

☐ **I'd like an independent advocate**

An advocate is independent of the professionals making decisions. They can help me understand, express my views and make sure they are heard.

☐ **I'm not sure what would help**

Please explain the choices and help me work out what support would make it easier for me to participate.

☐ **Something else would help me**

Tell us what would make it easier for you to understand what is happening, take part, ask questions or have your views heard.

What would help me is:

_____

_____

YOUR PARTICIPATION MATTERS

You can choose more than one kind of support. • You can change your mind. You can ask us to explain things differently. • You can disagree or ask questions. • 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.