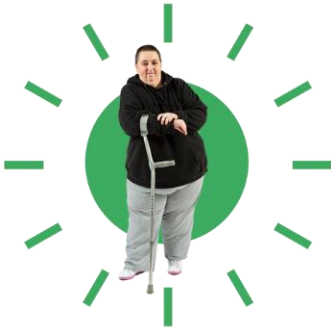


## About empowerment



This paper is by the national Transforming Care empowerment steering group.

To really improve the quality of people's lives we need to work in ways that mean people and their families are empowered.

This is what empowerment means to us.

## What do we mean by empowerment?



Empowerment means people having **power** and **control** over their own lives. People get the support they need that is right for them.



Empowerment means that people are **equal citizens**. They are **respected** and **confident** in their communities.



You can't empower someone else or make someone empowered. It is about ways of working and supporting someone that means they can take control and **responsibility for their own lives**.



Some people might need more support than other people – but that doesn't mean everyone can't be empowered!

Decisions made on behalf of people who lack capacity should be made in the person's **best interests** and should involve the person as much as possible, and those who know them really well.



When people are empowered the **power is with the person** and not the professionals or services.



We know from the Transforming Care work that lots of people who end up in learning disability hospitals have no power or control over their own lives and what is happening to them.

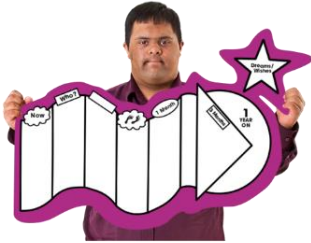


If we work with people in a different way that means they are empowered they will have better lives and this will stop some people from ending up in hospitals or in placements a long way from home.

## How will we know if people are empowered?

### What would this look like?

These are our “measures” of empowerment:



It will be clear that the person has the power – they will set their own goals and make their own decisions

If people need someone else to make a decision for them it will be made in their best interests



People will have a voice and be treated like equal citizens

This means they will have the same opportunities as everyone else to live good lives in the community



People’s experiences and feelings will be valued and they will be listened to and respected



People will be safe and will feel safe



People will know about their rights and can act on them



People will have the information and advice they need so that they can make their own decisions



There will be good advocacy for people. Advocacy and empowerment go hand in hand because advocacy is about speaking up and getting your views heard

For people who need help to make decisions or someone to make a decision for them advocacy is really important



People will have the freedom and support they need to do things that are important to them