

PEOPLE  
DOING IT FOR  
THEMSELVES

# EASYREAD REPORT



communitycatalysts®  
unlocking potential effecting change



## Background



## Why we did our project



Everyone has skills and talents.



Some people need care and support to live their lives.



If you have support your talents might never be seen.



When people have confidence, they use their skills and can lead things. It is good for:



- The person
- Their community
- Society



We want to find out what makes people be confident and use their skills to lead.



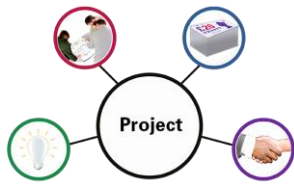
We want to change things to help more people be confident.



We want people to lead things.



We want more people to make a difference for themselves and the community.



## Our project



Our project is called  
**People doing it for themselves**



There are two parts we call these:

- phase 1



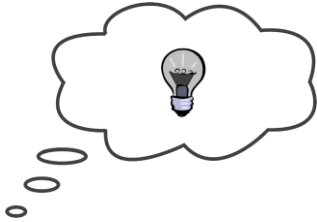
- phase 2



This report is about phase 1.



Phase 1 is about:



- What we found out



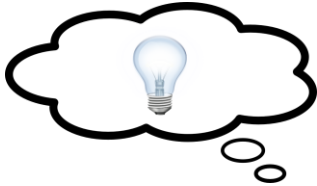
- Stories of people doing it for themselves



We will use this report to help us write phase 2.



Phase 2 will be



- Testing our ideas



- Helping more people do it for themselves



We will need more money to do phase 2



## Policy and the law



Scotland, Wales, England and Northern Ireland all make their own laws and policy.



They all say people should be in charge of their own lives.



## What we did



We agreed what people doing it for themselves meant:



- Older or disabled people



- Who need care or support



- Who have started something new.  
Like a new business or a new group.  
Or a new movement that made things better





We made a list of people we knew were doing it for themselves.



We used social media to find more people.



We found



- 56 people



- 15 groups



We met more than 20 people. We asked them about their stories. We asked:



- What helped you



- What made it harder for you



We wanted to find out how local authorities and government can help people do it for themselves.



We met with 10 people who make decisions and decide policy.



We set up a co-production group.  
The group is made up of people who are doing it for themselves and decision makers



We shared all the stories with the group.



The group helped us think about what to do next.



You can read all the stories in the full report.



## What we found



People doing it for themselves have real achievements and make real changes.



When people make a difference, they inspire others to do the same.



When you work with people to grow and reach their goals you help them help themselves and other people.



**Our big questions are:**



What makes people do it for themselves?



What can we do to inspire people to do it for themselves?



What can we do to help more people to do it for themselves?



## What we learnt



To do it for themselves people need:



- To be inspired



- To have dreams and determination



- To have the chance to do something



- To have good information and support



- To get past the things in their way

We made a picture to show the steps to people doing it for themselves.







Everyone's life is different.

Most of the things that make it harder to do something are the same.



We found 2 groups of people who may need different help at different times.



Young disabled people.



Adults who are disabled.



# Get inspired



People get inspired by:



- A big change in their life.



- A love for something they enjoy.



- Hearing other people's stories.



## Dreams and determination



Everyone who was doing it for themselves had a dream.



It is important to encourage people to have a dream.



Being determined is important too. We met people who were determined to make a difference.



## Opportunity



Sometimes people need a chance to act



Some people or organisations are good at giving people a chance to act.



Some local areas are good at giving people a chance to act. In some areas local authorities put people's strengths first.



## Information and support



People doing it for themselves have been helped by organisations.



Some organisations are paid to support people



Some organisations use their own money to help people.



## Getting passed barriers and making it work



We found a lot of things that stopped people doing it for themselves.



- **No encouragement to dream**



Disabled young people are not always encouraged to have dreams.



- **No help locally**



Some areas do not help disabled people have dreams. When they do help they do not always help everyone.



- **Hard to find the right support**



Some people do not know what support is there for them.



- **Running a business is hard**

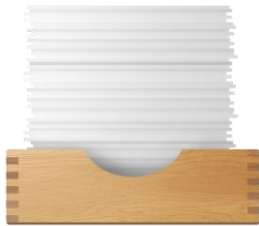


Some people found it hard to run their own business. There is a lot of rules and a lot of paperwork.



- **No money**

It is hard to find money to start something new. It is hard to find or make money to keep it going.



- **Benefits**

If you earn money it can be hard to get and keep benefits.







- **Paid for care**



The money used to buy 'paid for care' it is mostly for personal care. You cannot use it for support to do something different



- **Health**



Some people have health problems. It is hard to keep going when your health is bad. It is hard to do stuff when you have good health days and bad health days.



- **Working with other people**



Some people were treated unfairly because they were disabled. Some professionals expect disabled people to do things for free.



Sometimes when you find a good person to help, they move to a new job. This happens a lot in the public sector.



## How do we inspire people to do it for themselves?



A lot more people could be doing it for themselves and changing their lives and communities.



Here are the things that can help.



Share good stories of people doing it for themselves.



Help people dream.



Link to personal planning.



Change the way support and decision makers think and do things.



Give people a chance to get started.



Make sure organisations that help people are strong.



Share good ideas.



Make sure people know about the help and support they can have.



Make strong networks of people and give them support.



Make a toolkit to help people.



Funding or income to help people start new things.



Change paid for care to better support people to do more.



## What is next



Phase 1: helped us find out how people are doing it for themselves.



Phase 2: we want to find ways to help more people do it for themselves.



We want to try new ways of working. We want to give people a chance to do it for themselves.



We want to help people now and in the future.



This easy read was made by Planet Easy Read



We use Photosymbols

# PEOPLE DOING IT FOR THEMSELVES

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