

Plain facts

Being in control of our lives

It is good to be in control of your life and to choose what **you** want. James Edge looked at how people with learning difficulties can be in control of their lives. He worked with people who need a lot of support.



He found that:



Some people need support to help them have a say and choose things. Like where they live, their support workers, or what they do during the day. But some people do not get the support they need.



Everyone should be able to have a say in things that matter to them. If you need a lot of support, you should have the same chances and choices as everyone else.



With the right support everyone can be in control of their lives.