



# We are all citizens

Facilitation Guide

# Acknowledgement

The Keys to Citizenship were developed by Simon Duffy and Wendy Perez as a framework for people and their families to explore good support. It enables them to focus on areas of life that assist people to live as active and valued citizens.

***“Citizens have rights, including the right to get the help they need to be a citizen.”***

Simon Duffy (2016)  
*The Keys to Citizenship*

***“Citizenship means being part of everyday life - not being stuck in a box”***

Wendy Perez

***“Citizenship means being equal AND different. Citizens are respected and valued for all their differences. Everybody doesn’t need to be the same. We each make our own unique contribution to community life. It is being members of our community that makes us equal. Citizens have rights, including the duty to help others be citizens. Citizens are free, both to benefit from and contribute to society. We should be able to live our own life, our own way, but as part of a community.”***

Sam Sly and Bob Tindell (2016)  
*Citizenship A guide for Providers of Support*

# The Facilitation Guide.

This facilitation guide is to guide you and the person you support to use the workbook.

You can support them to go through the workbook to gather their views and opinions about their life. It can be used for families/carers, friends and staff to help have different conversations about a person's life and help them plan and change what they want their life to be like.

It will give the person good ideas about what is possible. There is an option to check out how the person feels and space for notes, pictures or drawings about what they might want to do differently in the future.

There is also a film that accompanies this guide and workbook. It shows what was possible for other people who tested the workbook.

You can watch the film online by visiting this website:  
<https://www.youtube.com/watch?v=ai5xcEMV2gg>

# Who is the workbook for?

The workbook is for people who would like to think differently about their life. It is to help people get a better life.

The workbook is to help people look at parts of their life where they feel they need guidance to make changes.

The workbook is not about checking people's support, but it help's people check out they are living the life they want!



# What does citizenship mean?

Citizenship in the workbook is used to describe how human beings can live together with justice and mutual respect.

This means

◆ **Being respected** - being able to hold your head up high and getting respect from those around you

◆ **Being equal** - citizens all have the same fundamental worth or dignity. Real citizenship means that just because someone has more money, power or a better-paid job for example, that this does not make them a better person

◆ **Being different** - citizens are not identical, they have many different gifts and talents which they bring together to build a better world

Citizenship is important because it reminds us that we can each live a good life, in our own way, while also being able to live together with mutual respect. Citizenship means rejecting the idea that people's worth can be measured by money, power, fame, intelligence or any of the other ways that make people different and which some people imagine define 'what is important'.

The seven keys to citizenship are all the things we have a right to as human beings.



**Purpose** – set your own direction in life

having goals, hopes, dreams and meaning in life and a plan to achieve this



**Freedom** – take charge of your own life

having control and the ability to speak up and be heard and to be legally visible in society



**Money** – have enough to live on

have enough money to live on, having enough money to live a good life, and control over how that money is spent or saved



**Home** – have a place where you belong

having a place that belongs to us where we have control over everything that happens there and feel safe



**Help** – get good help from other people

having good help that enhances our gifts, talents and skills and supports our standing, freedom, rights and responsibilities



**Life** – get stuck in and make a difference

making an active contribution to our communities, sharing our gifts, making a difference, learning with others, taking risks and having fun



**Love** – find friendship, love and family

having loving relationships and friendships, enjoying life, love and sex/intimacy, being part of a family, respecting ourselves and the rights of others

# How can the workbook be used to improve someone's citizenship?

The workbook will help people check out their own citizenship. These actions will be individual to the person and help plan for the future in supporting the direction on their Citizenship journey to getting a good life. Discussions and workbook should be discussed as part of planning for things people need and want in their life.



# How to use the workbook

This 'We are all citizens' guide should be followed when completing the workbook.

It's up to people themselves if they would like to use the workbook. If they decide that they want to use it, they can choose to use it on their own or with support, this could be from a family member, paid support or a friend.

It's a good idea to check out the workbook and get an understanding of the keys and what they mean.

People can use the workbook as they like. Some people may like to look at all areas of their life and the key's that fit this. However, some people may only wish to use one key.

What is important is that people can choose, change their minds and do as much or as little as they want. Using the right key at the right time in their life is important.

# There are 2 sections to the workbook.

Section 1 Gathering views:

Is to create conversations about how the person feels, gather individual feelings, views, opinions that are personal to the person, their journey in life, what is important to them, their thoughts, dreams and what they want to do in life. It can be used to have different conversations about their life and ideas of what is possible.

Each of the Keys has 3 pages.

The first page tells people what the Key means and gives examples of what it might look like in real life and pointers for good conversations.

The second page gives people some questions to help people think about the Key. People themselves or their supporters might be able to think of other good questions to ask as well. The third page is a notes page, people can use this if they wish to write down any discussions and or plans, people might have.



**Never**



**Not much**



**Sometimes**



**Most of the time**



**All of the time**

The second page also gives you a 'scale' of faces so people can see where they are with different parts of their life. The scale can be used to help people think about how they feel and how often they feel like this. This will help to give a score for each question and an average score for the Key.

Some people might like to use numbers instead of the faces and that's OK too.

It's also OK not to use the scale at all and just use the questions to help people to think about their life by themselves or to have a wider discussion with someone else.

The most important thing is about having different thoughts and conversations and how people are feeling, not about the score at the end.

This workbook belongs to the person themselves and there are no wrong answers. People can take as much time as they like to think about the questions and how they feel.

# Section 2 action plan

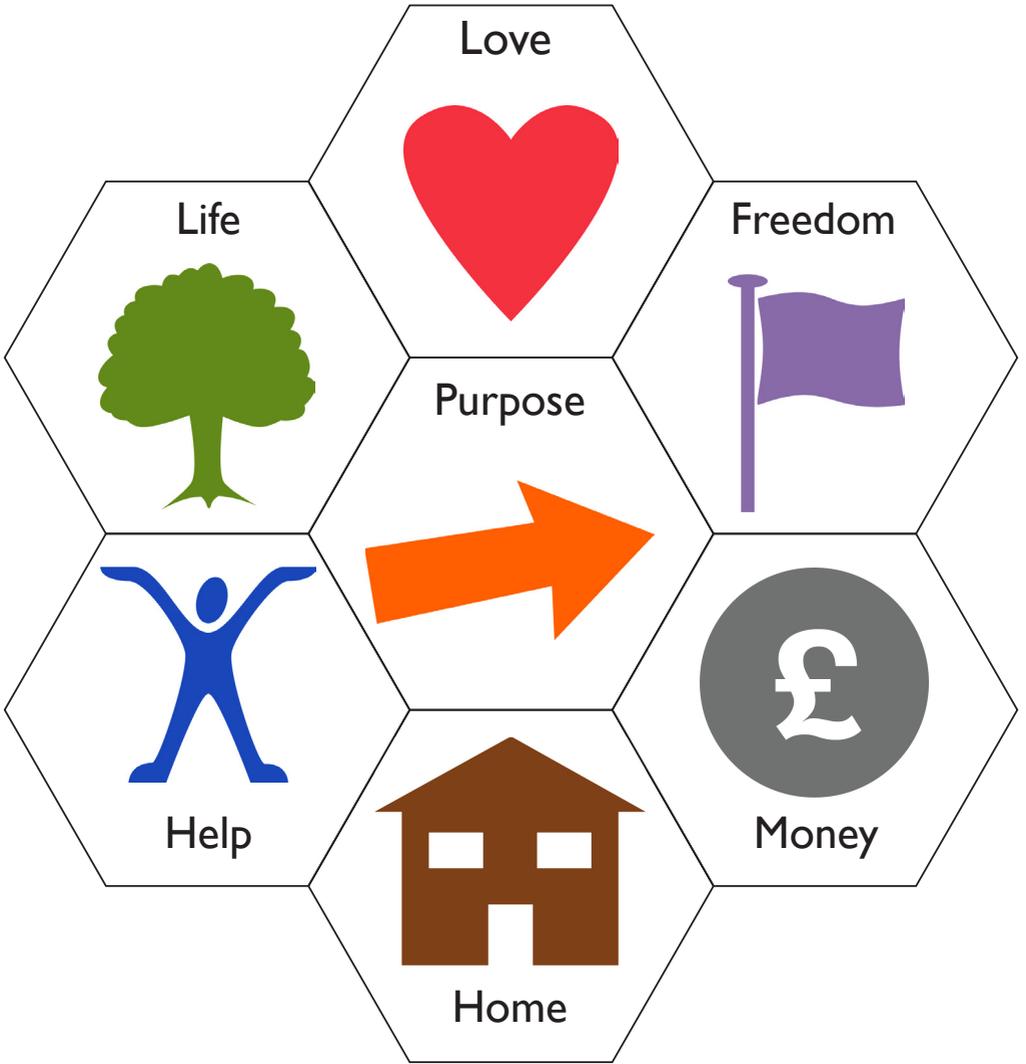
- ◆ **What's important?**
- ◆ **What steps are needed?**
- ◆ **Who can help?**
- ◆ **Who needs to know this information?**

As a facilitator it is important you understand each of the Keys to Citizenship, and what they mean to achieve.

You need to be able to explain the keys in a simple format.

Accessible information on the Keys to Citizenship is available in the workbook.

It's important to work through all 7 keys and to discuss with the person what they understand – it's ok to find some of this challenging, it is designed to make us think about things differently.



# Things to remember when using the workbook

Read through the entire workbook – and check out what the keys means to the person

- ◆ Make sure the person wants to use the workbook (consent)
- ◆ Remember that the discussion is equally as important as the score
- ◆ It is personal and there are no wrong answers
- ◆ The workbook is not about measuring quality of care however it could help carers to improve quality of care and support
- ◆ Themes can be used to see if quality of life is improving for people
- ◆ The workbook can help focus what's important to the person and what they want to improve to get a good life

**Here are some website links which can help people to improve parts of their life which are important to them.**

**◆ Purpose** – <http://www.togethermatters.org.uk/im-thinking-ahead-editable-version/>

**◆ Freedom** – <https://www.bih.org.uk/learning-disability-autism-and-human-rights> <https://www.equalityhumanrights.com/sites/default/files/human-rights-act-learning-disabilities.pdf>

**◆ Money** – <http://www.dosh.org/> <https://www.unitedresponse.org.uk/making-money-easier> <https://arcuk.org.uk/wp-content/uploads/2013/05/Helping-young-people-with-learning-disabilities-to-understand-money.pdf>

**◆ Home** – <http://www.housingandsupport.org.uk/home>

**◆ Help** <http://www.togethermatters.org.uk/people-with-learning-disabilities-as-carers/>

**◆ Life** – <https://inclusive-solutions.com/person-centred-planning/>

**◆ Love** – <http://inclusionnorth.org/uploads/attachment/764/friendship-booklet.pdf> <https://www.choicesupport.org.uk/our-work/supported-loving-campaign>

