



Extract from our Manifesto about Inclusive Living



Our lives are better when we have the support to make meaningful and valued contributions to everyday community life

We recognise inclusive living when

- Advice and support is sought and given by those closest to us
- We define what good support is and we choose who does that – including GP, hairdresser, staff, etc etc.
- We spend our time with others in ordinary places doing ordinary things in the community we belong to

Inclusive living is strengthened when

- We are surrounded by natural, freely given relationships
- We are the starting point of all conversations, actions and decision making
- We listen to each other

Inclusive living is weakened when

- We do not have choice and control of our life
- We are not living where and with whom we choose and are not doing the things that we would like to do
- Our voice is not central and heard
- Support arrangements define everything about us
- We are not supported to have meaningful and valued roles

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We can recognise inclusive living when

- ✓ Every member of the community is using ordinary places in their own community and is known by others using the same places
- ✓ The community is experienced as warm and welcoming by all and to all
- ✓ Each person is known by name as an individual with their own uniqueness and for the kinds of things they do in their daily lives
- ✓ Each person has a role in the community, is involved in a variety of things that are important to them and has got to know others by name
- ✓ Being present can be a contribution. Being visible in our community is important

Our lives are better when we live in inclusive and diverse communities

Inclusive living is strengthened when

- We know others in our community
- We know others based on common interests
- We don't tolerate exclusion and we accept and embrace the diversity of each person
- We plan strategically and intentionally to avoid unintended or reinforced exclusion – get it right from the beginning
- We promote and proactively support strong connections with family and friends

Inclusive living is weakened when

- We are seen as going *into the community* as a group when we have not chosen to be part of the group and /or the activity
- We are confined to home because we cannot get the support we need
- We are living in a place that sets us apart, keeps us separate
- We are living in a separate and isolated group
- We are denied the right to choose who we spend our time with