

# Easy Read plan for the research about My Choice Matters

my **choice** matters  
NSW Consumer Development Fund



Living Life  
My Way

**SPRC**  
Social Policy Research Centre

# What is the research about?

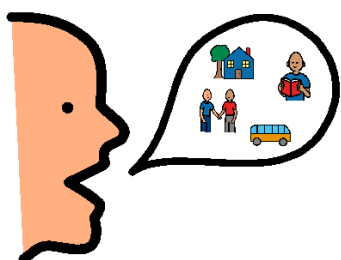
my **choice** matters  
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The research is about a program called My Choice Matters. The research is to find out:

- how well it is working
- how it can work better

My Choice Matters helps people with disability and families learn about and use:



- **Choice, voice and control**

This is about choosing and saying what you want to happen in your life. It includes finding out how to make it happen. This is about knowing how to act on new ideas.



- **Self-directed support**

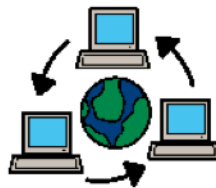
Self-directed support is when you are in charge of what happens in your support and services (for example, the activities you do or workers who help you). This is instead of an agency being in charge.



- **Individualised budgets**

This is when you are given money to pay for your support and services. This is instead of an agency having the money. You can have help to know how to use the money.

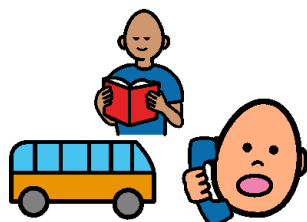
There are 4 parts in My Choice Matters. These are run through workshops and a website.



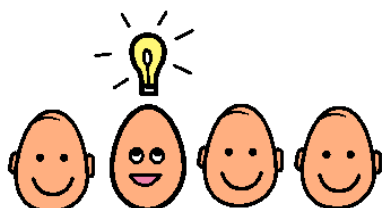
The 4 parts are:



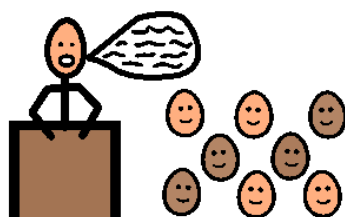
1. Learning and practising how to be a leader



2. Learning skills and ways of using supports and services



3. Sharing stories, ideas and information



4. Running projects to learn more and help others learn too

## Who is doing the research?

Lots of people are involved in doing the research:



- The NSW Council for Intellectual Disability is running My Choice Matters.



- ADHC asked for the research to be done. ADHC is the disability department in the government.



- The people doing the research work are from the Social Policy Research Centre at the University of NSW.



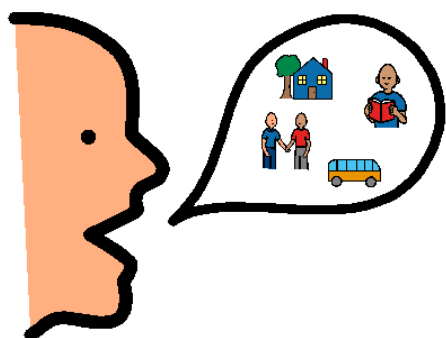
- There is an advisory group who help and give advice on what should happen in the research. People in this group know a lot about self-directed support and individualised budgets. They are people with disability.

## What is the research trying to find out?

The research is trying to find out:

- how well My Choice Matters is working
- how it can work better

This includes finding out about things like:



- How has My Choice Matters helped people with disability and families have choice, voice and control?
- How well has My Choice Matters helped people with disability and families to:
  - be leaders?
  - learn skills?
  - share ideas?
  - run projects?



- What helps this happen?
- What stops or makes it hard for this to happen?
- What could be changed to make it better?

## How will the research be done?

The research will be done in two parts. Part 1 will help with what happens in Part 2.

At the end, there will be a report about My Choice Matters.

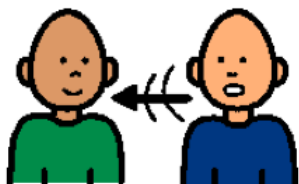
People with disability and families can take part by:



- Filling in information about themselves when they go to a workshop



- Giving feedback at the workshop either through writing or activities. This is saying what they think of the workshop.



- Doing an interview. This is talking with someone who is doing the research.



- Filling in a survey. This is written questions about My Choice Matters.

People with disability and families can have help with any of these ways of taking part. This help could be:



- Help from the people doing the research
- Help from a trusted friend, advocate or family member



- Taking part through the My Choice Matters workshops with less talking or writing



- Easy information with pictures



- Advice from a researcher with disability

This is to make sure that people with all different disabilities can take part.

This document is a short copy of the full plan. You can find the full plan online at:

Meltzer, A., Bates, S., Fisher, K.R., Kayess, R., Robinson, S., Cooper, S. (2013), 'My Choice Matters Evaluation Plan', *SPRC Report 9/13*, for NSW Council for Intellectual Disability, Social Policy Research Centre, University of New South Wales, Sydney.

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This document was written by Ariella Meltzer at the Social Policy Research Centre at the University of New South Wales.

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