



Llywodraeth Cymru
Welsh Government

Your well-being



Well-being statement for people who need care and support
and carers who need support.

Well-being

Well-being means that you're doing well in all areas of your life, like being happy, healthy and safe.

Well-being for everyone

People have to look after their own well-being. Most people can do this themselves, but sometimes people need some help to stay happy, healthy and safe.

If we all work together, everyone can reach their goals for well-being.

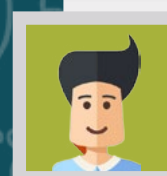
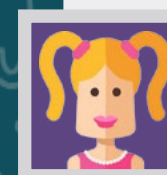
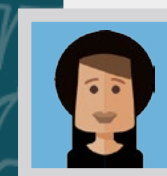
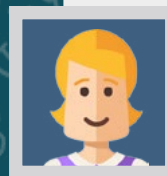
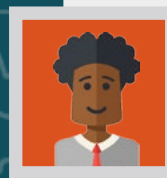
What is the well-being statement?

It's a booklet written by us, the Welsh Government. It explains well-being and what we want for children's lives.

- It helps to make sure you have the support and care you need when you need it.
- It helps services to work together to support you.
- It gives you a stronger voice in decisions that affect your life.
- It sets goals for the well-being of everyone in Wales.

Who is the statement for?

It's for everyone who needs care and support from services including children and young people. We will check each year how well it's working and if it's helping everyone to reach their well-being goals.



What's in the well-being statement?

It has a list of 8 things we want for your well-being. They come from the Social Services and Well-being (Wales) Act.

Each one has:

speech bubbles

– what well-being means for you

what we measure

– things we check on to see if we are meeting our well-being goals.



★ **Well-being** means making sure you have your rights.

I know what care and support I can have.

I can find the right information, when I need it, I can use it to improve my well-being.

I am treated with respect and treat others the same.

My voice is listened to.

My situation is thought about.

I take part in decisions that affect my life, or have someone who can do it for me.

★ **Well-being** means being physically, mentally and emotionally healthy.

I am healthy and active and do things to keep myself healthy.

I am happy and do the things that make me happy.

I get the right care and support, as early as possible.

We will measure:

- How many people can find the right information.
- How many people are in control of their daily life and are listened to.
- How many people are involved in making decisions that affect them.
- How many people are happy with the care and support they get.

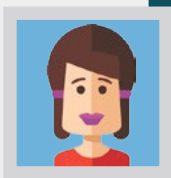
We will measure:

- How many people feel physically and mentally healthy.
- How many people are living a long and healthy life.
- How many children get vaccination injections and have regular dental checks.
- How many younger children reach the right levels in speech and other things at the right time.

★ **Well-being** means being protected from abuse, harm and neglect.

Neglect – not being looked after properly.

I am safe and protected from abuse and neglect.



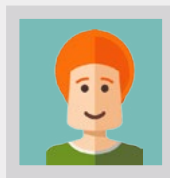
I am supported to protect the people that matter to me.

We will measure:

- How much abuse and neglect takes place.
- How many people say they feel safe.

★ **Well-being** means having an education, training, sports and play.

I get time to play.



I do the things that matter to me.

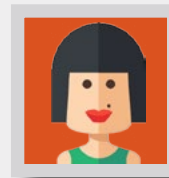
I can learn new things and be the best I can be.

We will measure:

- How well children are doing at school.
- How many young people go on to training or college.
- How many adults take up learning opportunities.
- How many people can do the things they want to do.

★ **Well-being** means having positive relationships at home and with my family and friends.

I have friends and I know how to be a friend.



I belong!

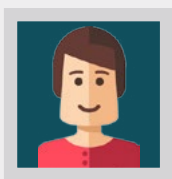
I have healthy relationships that are safe.

We will measure:

- How many people feel they belong to the area where they live.
- How many people feel lonely.

★ **Well-being** means being able to get involved and be part of my community.

I take part in my community where I live.



I feel valued and respected.

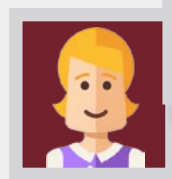
We will measure:

- How many people get involved in society and their communities.

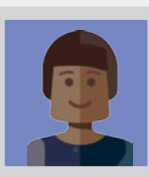
★ **Well-being** means having a healthy social life and enough money to live a healthy life.

I get the help I need to grow up and be independent.

I make friends and have a good social life.



I can get care and support in Welsh if I want it.



I don't live in poverty.

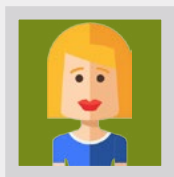
I get support to work.

We will measure:

- How many people are working and supported to get jobs.
- How many young adults aren't in education, employment or training.
- Poverty.

★ **Well-being** means having a good, healthy place to live.

I live in a home that helps me with my well-being.



My home is clean and warm.

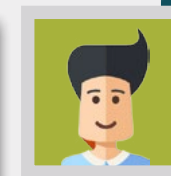
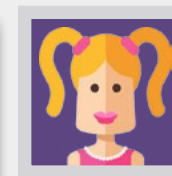
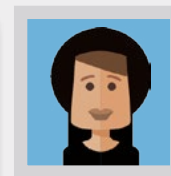
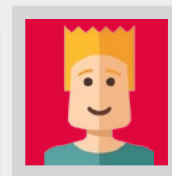
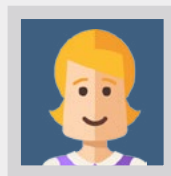
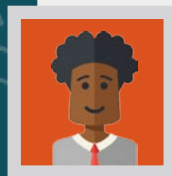
We will measure:

- How many people have their housing needs met.
- How many families with children or pregnant women are homeless.

★ For more information contact:

- Social Services Improvement Division, Welsh Government:

sswbimplementation@wales.gsi.gov.uk
029 2082 5833



For more information see:

- Sustainable Social Services Wales: A framework for action:
www.wales.gov.uk/topics/health/publications/socialcare/guidance1/services
- The Social Services and Well-being (Wales) Act 2014:
www.legislation.gov.uk/anaw/2014/4/contents/enacted
- The national outcomes framework for people who need care and support and carers who need support (working document):
www.wales.gov.uk/topics/health/socialcare/well-being/?lang=en