

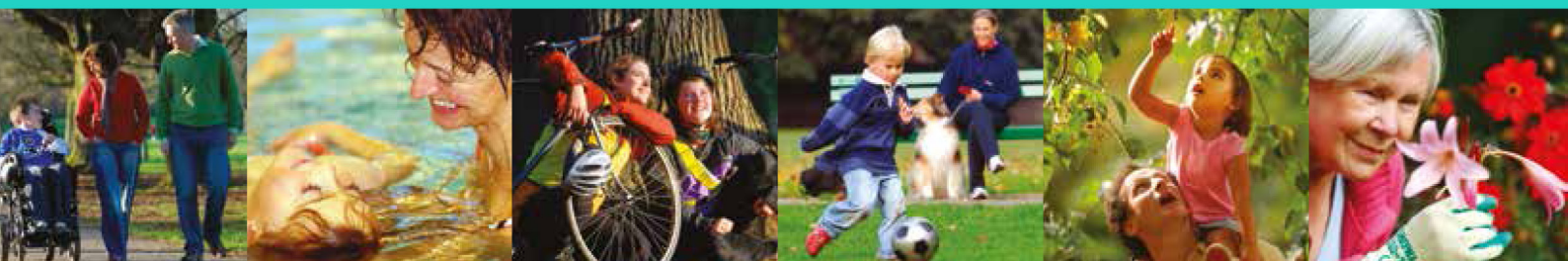


Your well-being

Making sure people who get care and support and carers who get support are happy and healthy



This is an Easy Read version of Welsh Government's **“Well-being statement for people who need care and support and carers who need support”**





How to use this document

This is an easy read version. The words and their meaning are easy to read and understand.



You may need help and support to read and understand this document. Ask someone you know to help you.

Some words may be difficult to understand. These are in **bold blue writing** and have been explained in a box beneath the word.

If any of the words are used later in the booklet they are shown in **normal blue writing**. If you see words in normal blue writing, you can look up what they mean in **A list of the hard words** on page 12.



Llywodraeth Cymru
Welsh Government

Where the document says 'we', this means Welsh Government.

To get more copies of this Easy Read version please contact:



Social Services Leadership and Strategy Division,
Welsh Government, Cathays Park, Cardiff, CF10 3NQ



Phone: 029 2082 5833



Email: sswbimplementation@wales.gsi.gov.uk

Website: <http://gov.wales/topics/health/socialcare/well-being/?lang=en>

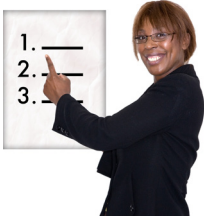


This document was made into Easy Read by Learning Disability Wales using Photosymbols 5.

Introduction



We are the Welsh Government.



We have written a list of things that show if a person has **well-being**.



Well-being means a person is happy, healthy and is comfortable with their life and what they do.



The list will help us know what care and support to give to make sure people are happy and healthy.



It will help everyone work together.

Care and support are things like:



- support to live in your own home



- homes for people who need a lot of care and support



- care for children.



We want to make sure people get the care and support they need to have happy, healthy and comfortable lives.

This document says how we will make sure people get care and support that helps improve their **well-being**.

Well-being list

This is the list of things that help us know if people have **well-being**:



- you know what care and support you can get. You get good information in a way you can understand.



- you are treated as an individual. This means your care and support workers listen to you and help you in a way that is best for you.



- you can make your own choices about what happens to you



- you are healthy. You can do things like eat well and exercise to keep yourself healthy.



- you are happy and can do things that make you happy



- you have the chance to learn new things



- you feel safe. You are protected from **abuse**.

Abuse is when someone hurts you or treats you badly.



- you know how to tell someone if you are worried about something



- you have support to help protect the people that matter to you from **abuse**



- you can join in with things and do what is important to you



- you can meet people and do things you enjoy



- you get on well with people like family and friends



- you get support to have a job if you can work



- you have enough money to live on



- you get support to do things on your own



- you have people who can speak to you in Welsh if you want it



- you live in a home that helps you to be happy, healthy and comfortable.

How we will check that people are getting care and support that helps improve their **well-being**

We will check to make sure you are getting good care and support.

We will:



- listen to what people say



- ask people how they feel



- check whether people get to make their own choices



- look at how healthy people are. We will check things like **life expectancy** and how many children have **childhood vaccinations**.



Life expectancy is the number of years people will probably live for.



Childhood vaccinations are injections given to children to stop them getting certain diseases.



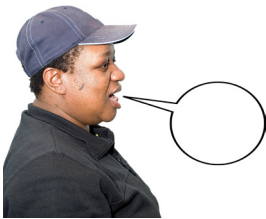
- look at how well children are doing at school



- look at how many people have a job or are doing training



- make sure people are happy with their home



- check to see if people are having their say about their care and support



- look at how much **abuse** happens

Find out more

To find out more contact the Social Services Improvement Division, Welsh Government.



E-mail: sswbimplementation@wales.gsi.gov.uk



Telephone: 029 2082 5833

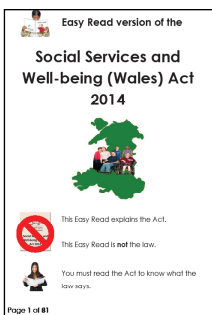
More information



Sustainable Social Services Wales: A framework for action (Easy Read)

This says what we think needs to happen to give people good care and support.

<http://gov.wales/docs/dhss/publications/130419easy-readen.pdf>



The Social Services and Well-being (Wales) Act 2014 (Easy Read)

This is a law to tell social services how they should support people to stay healthy in Wales.

<http://gov.wales/docs/dhss/publications/141117acteasyn.pdf>

Hard words

Abuse

Abuse is when someone hurts you or treats you badly.

Well-being

Well-being means a person is happy, healthy and is comfortable with their life and what they do.

Life expectancy

This is the number of years people will probably live for.

Childhood vaccinations

These are injections given to children to stop them getting certain diseases.