

Independence, choice and control

Quality statement

We expect providers, commissioners and system leaders live up to this statement:

We promote people's independence, so they know their rights and have choice and control over their own care, treatment and wellbeing.

What this quality statement means

- People are supported to have choice and control over their own care and to make decisions about their care, treatment and wellbeing.
- People are supported to understand their rights by using different ways to communicate. Their understanding is reviewed throughout their care and treatment.
- People are supported to maintain relationships and networks that are important to them.
- People have access to their friends and family while they are using a service.
- People have access to activities and the local community to promote and support their independence, health and wellbeing.

- There is a range of appropriate equipment to support and maximise people's independence and outcomes from care and treatment.

I statements

[I statements](#) reflect what people have said matters to them.

- I am treated with respect and dignity.
- I have care and support that enables me to live as I want to, seeing me as a unique person with skills, strengths and personal goals.
- I am supported to manage my health in a way that makes sense to me.
- I am in control of planning my care and support. If I need help with this, people who know and care about me are involved.
- I can keep in touch and meet up with people who are important to me, including family, friends and people who share my interests, identity and culture.

Subtopics this quality statement covers

- Access to friends and family (visiting rights)
- Supporting relationships and networks
- Access to community/activities
- Specialist/adaptive equipment
- Choice and decisions
- Sexual safety and empowerment
- Supporting independence
- Activities and wellbeing

Related regulations

Regulated Activities Regulations 2014

- [Regulation 9: Person-centred care](#)
- [Regulation 12: Safe care and treatment](#)

Also consider

- [Regulation 9A: Visiting and accompanying in care homes, hospitals and hospices](#)
- [Regulation 10: Dignity and respect](#)

Additional legislation

[Human Rights Act 1998](#)

Best practice guidance

We expect providers to be aware of and follow the following best practice guidance.

[Promoting independence and wellbeing \(SCIE\)](#)

[Freedom to choose and dignity in care FREDA principles \(SCIE\)](#)

[Shared decision making NICE Guidance \(\[NG197\]\)](#)