

# *Nothing about me without me*

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# *Choice*

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Choice or lack thereof, has a direct impact on health and well-being, i.e., it is a critical social determinant, with people who experience greater choice and control in their lives more likely to experience greater quality of life.

# *Principles of the Act*

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To always presume that each person has the ability to make decisions about their own life

If a person has a challenge, but with help can make their own decision, then that support must be provided

What some may perceive as an unwise decision does not mean a person is unable to make a decision

# *Positive Risk Taking*

We have to embed people's rights into our practice

There are steps which can be taken to reduce risk

Risk is a necessary part of growth

Over focus on risk could inhibit self-esteem and quality of life

<b>3. RISK MATRIX</b>	Negligible (1)	Minor (2)	Moderate (3)	Major (4)	Extreme (5)
Almost Certain (5)	5	10	15	20	25
Likely (4)	4	8	12	16	20
Possible (3)	3	6	9	12	15
Unlikely (2)	2	4	6	8	10
Rare/Remote (1)	1	2	3	4	5

# *To Conclude*

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*If we are to bring about this greatly anticipated change, all of us in society must ensure that we change our mindsets, language, values and attitudes in relation to how we treat others. This will ensure everyone, including people with disabilities, will be empowered to live with dignity and to progress their autonomy and their self-determination*