



My Future, My Way

My Future, My Way encourages individuals to speak out about what they need to live the life they want. It recognises people as individuals and focuses on their skills. The project is aimed at adults with a disability or long-term health condition, or family members / unpaid carers who care for someone with a disability or long-term health condition.

The project's volunteers are able to visit community groups, or attend meetings to give a short talk, based on their personal experiences of being a service user or carer in Devon. They will talk about how a person-centred approach has made a difference to their life.

The volunteers are also able to deliver training sessions where they will pass on their knowledge about a variety of methods that individuals can use to help to create a person-centred plan. People may already know what they would like to achieve, or may want the opportunity to think about what is really important to them, or what their dream life would include.

During the life of the project, we are looking to recruit more volunteers to help to promote person-centred working across Devon.

For further information, please contact Emma Young.

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