

# 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 \(\[NG197\]\)](#)