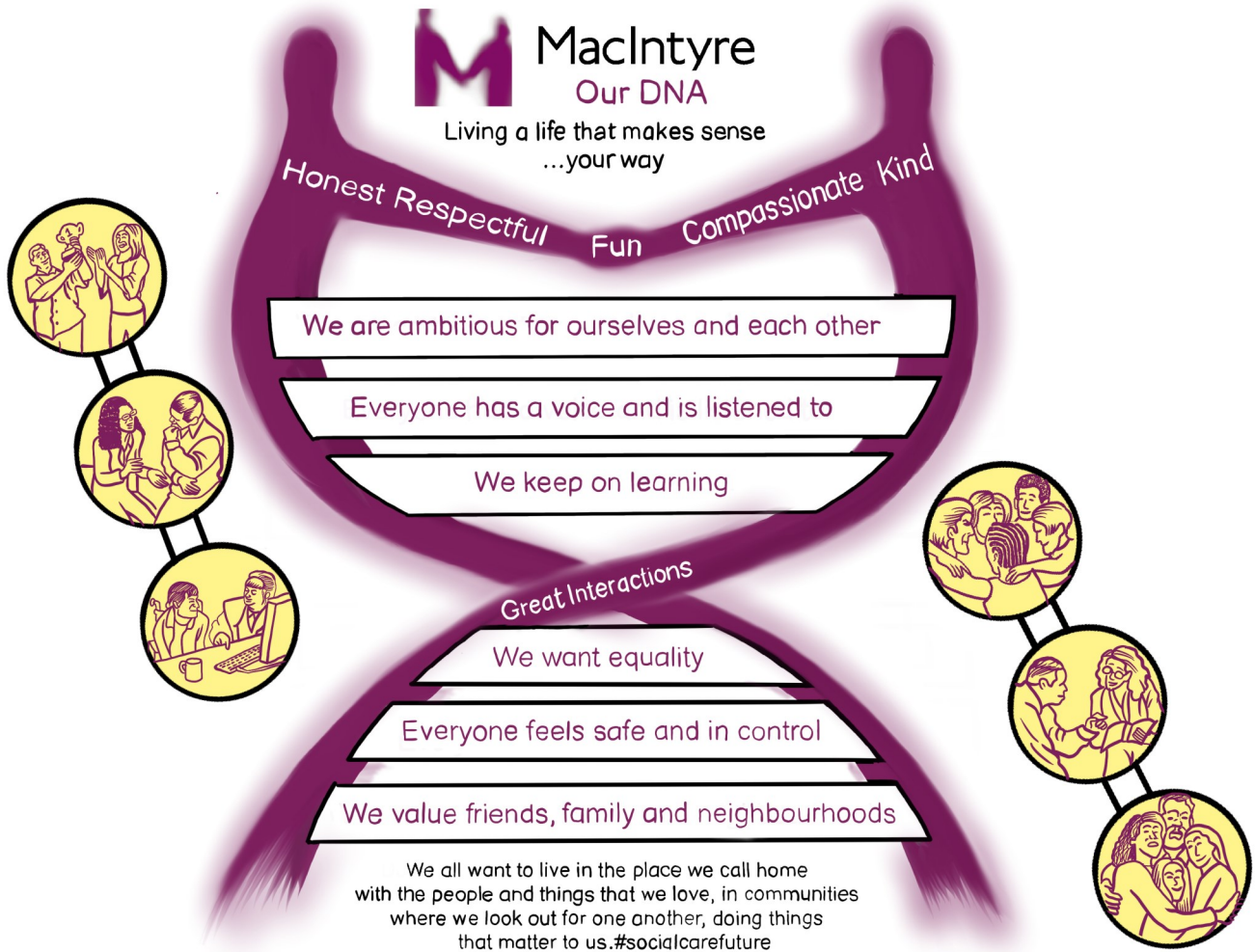


# MacIntyre DNA



This is a picture of the MacIntyre DNA

- MacIntyre DNA is the things that are important to us all in MacIntyre
- MacIntyre DNA is a list of things we believe in
- MacIntyre DNA is about us all living happy lives
- MacIntyre DNA is for everyone



# Living a life that makes sense your way



You can choose a life that makes  
you happy  
This is about choosing how you live  
your life



Your life is different to everyone  
else  
Your life and what you need are  
special to you



We all need different support to  
learn or live or work  
We should find out how best to  
support each other



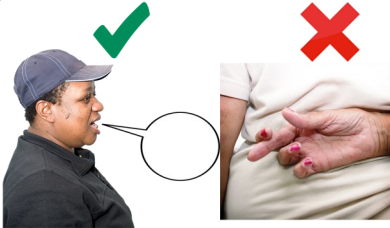
The 5 ways to wellbeing can help  
you plan things to make your life  
better



## What makes your life special



# Honest and Respectful and Fun and Compassionate and Kind



We will tell the truth and find out what is working and **not** working



We will be respectful

Everyone is as important as everyone else



We will be fun

Lots of people have said fun is important to them and makes life better



Being compassionate means showing concern for others and trying hard to understand them

Being compassionate helps us make the world better for everyone



Being kind means being caring and friendly and thinking about how other people feel



What do you do to be kind and fun



# We are ambitious for ourselves and each other



Ambition means having dreams and targets and trying to achieve them



I can learn new things that are important to me

People can support me



I can get even better at things I am already good at doing



We can all achieve more than we think when other people believe in us and support us



What are your ambitions and targets



# Everyone has a voice and is listened to



We all communicate in lots of different ways

We will listen and watch and try to understand

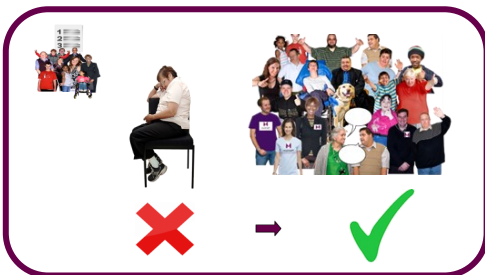


We will use different ways to communicate to help everyone understand



We will help everyone to have a voice and speak up for themselves

This is called self-advocacy



We will work with you to make things better

This is called co-production



How do you tell people what is important to you



# We keep on learning



Everyone can learn new things  
People learn in lots of different ways



Learning helps us have a good life



Learning helps us get better at things

We can learn from each other

We will support you to learn things you want to learn  
Here are some ideas



What are your ideas



# We want equality



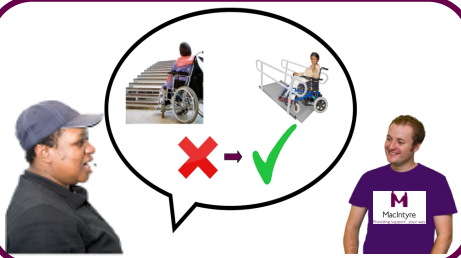
Equality means having the support you need so you can have the same opportunities as everyone else



Everyone is equal under the Human Rights Act



The Human Rights Act says that it is the law for everyone to have the same rights



If you see something that is not fair you should tell someone about it or try to make it better



Do you think you have equal opportunities  
Do you know your Human Rights

MacIntyre has a guide to Human Rights if you want to know more



# Everyone feels safe and in control



Feeling safe and being safe is important for everyone



Sometimes we think about things or worry and it makes us feel unsafe

Talking about how you feel can help you feel safe



It is hard to learn and have a good life if you do not feel safe



Having choice and control can help us feel safe

We should all support each other to have as much control as possible



Do you feel safe and in control





# We value family, friends and neighbourhoods



We think good relationships are important for everyone

We work hard to have good relationships



Your friends are people you want to spend time with or talk to often



Family is important and we want to have a good relationship with families



Family can be mum or dad or siblings

It can be anyone you are related to or someone you feel is like your family



A neighbourhood is a community of people who live near you

Community is important and we like to feel part of it



We can all help other people in our local neighbourhood

This makes it a better place for everyone

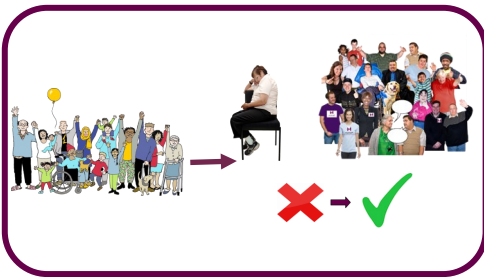


# Social Care Future Statement

We all want to live in the place we call home with the people and things we love, in communities where we look out for one another, doing the things that matter to us #socialcarefuture



MacIntyre is part of the Social Care Future movement



Social Care Future want things to be better for people who need support to live their lives



This is the Social Care Future vision  
A vision means hopes and dreams and ideas



People supported by MacIntyre helped to write the vision



We all want to live in a place we call home



We all want to live with the people and things we love



We all want to live in a community where we look out for each other



We all want to be able to do the things that we want to and that matters to us



What is important about where you live  
How would you like to make it better



MacIntyre: Great Interactions™

# At MacIntyre we believe Great Interactions are really important



MacIntyre  
Providing support...your way



MacIntyre: Great Interactions™



Great Interactions is when we use 10 skills to give good support

If we use these 10 skills we will give good support



We watch you to see how you are feeling and what you want or need



We support you to do things by yourself and only help when you really need it



We give you space and don't stand too close or stand over you



We will stop what we are doing - look and listen to you

We will look at you when we talk to you and when we listen to you



We will be creative and always try things that are fun and interesting and make us laugh



We will communicate with you in a way you can understand



We will look at you when you communicate with you

We will not give you eye contact if that makes you feel better



Touch can be friendly and fun and sometimes helps us to feel better



Being friendly and kind helps everyone to feel happy and safe



How do you want to be supported



Made in July 2022

Checked by MacIntyre Checkers

To find out more contact:

[best.practice@macintyrecharity.org](mailto:best.practice@macintyrecharity.org)