

# What is Making it Real

Making it Real is about good, person-centred care and support.

This is care that looks at what is important to you to live a good life.

Making it Real describes care and support from two points of view:

## I Statements

I Statements say what good care and support looks like if you are someone who accesses services.

## We Statements

We Statements say what you should be doing if you work for an organisation that wants to be good at person-centred care and support.

### The values of Making it Real

- People are citizens first.
- Everyone is equal.
- People have choice and control over their care and support
- It's important for everyone to feel they are part of their community
- When services talk to people, they talk about what matters to them, what they're good at and what they want to do.

# What is Making it Real

Lots of people helped to make Making it Real – people with lived experience and organisations.

## How can people use Making it Real?

- Making it Real can help people and groups to think about what's happening in their local area.
- Making it Real can help people talk to those who work in services so everyone can help make things better.
- The I Statements and We Statements give people ideas about what to talk about.

### **The six areas of Making it Real**

Living the life I want, keeping safe and well  
Having the information I need, when I need it  
Keeping family, friends and connections  
My support, my own way  
When things need to change  
The people who support me

# What is Making it Real

## Co-production is important

Any service or organisation that wants to use Making it Real must work with people who access their services as equal partners.

Organisations need to use people's knowledge and experience.

## How to get started

Organisations can sign up to Making it Real on the TLAP website. This means telling TLAP how they plan to use Making it Real and then saying what they actually did and how it went.

There are also people with lived experience who may be able to help organisations work with Making it Real. They are called the National Co-Production Advisory Group.

All this information is on the TLAP website.

<https://www.thinklocalactpersonal.org.uk/>