

Our Promise

OUR PROMISE

This is the promise that we, Alternative Futures Group, have made to all of the people who use our services. Keeping Our Promise will help us to achieve our vision – *A world where people control their lives.*

You

We will:

- Respect you as an individual with rights, choice and independence
- Help you to be treated in that way by others
- Make sure you have good information to make the best choices
- Ask you what support you want and when you want it
- Help you have and keep the personal relationships that you want
- Support you to meet new people, to go to college and go on holiday
- Support you to become actively involved with the development of our services



Health

We will help you to:

- Live healthily in a warm and comfortable home
- Take the kind of exercise you want
- Make sure your medication is well managed
- Get the healthcare and advice you need locally
- Take care of your mental and spiritual well being



Home

We will help you to:

- Be safe in your own home and out in the community
- Decide what happens in your home and who can visit
- Keep your money safe and well looked after
- Keep your belongings safe
- Keep private information about you safe



Community

We will help you to:

- Be in control and to be involved in all decisions about your life
- Look after the environment and be 'green'
- Play a full part in your community
- Access local groups and clubs



Money

We will help you to:

- Get the money and benefits that are yours
- Manage your own money
- Plan for special events like holidays and birthdays
- Find work or volunteer



Keeping the promise meets the FREDA principles. FREDA = Fairness, Respect, Equality, Dignity, Autonomy – The five core values that underpin Human Rights based support.



**ALTERNATIVE
FUTURES GROUP**

A world where people control their lives