

my **choice** matters
NSW Consumer Development Fund

Living Life
My Way



My Choice Matters helps people with disability and their families to learn about choice, voice and control.



It also helps them learn about self-directed support and individualised budgets.

To find out more about what these things are, click [here](#).

My Choice Matters isn't finished yet. The Social Policy Research Centre found out how well it worked so far in Part 2.

They looked at two questions.

1. Is My Choice Matters doing what people need?
2. What have people changed in their lives because of taking part in My Choice Matters?

Is My Choice Matters doing what people need?



People with disability said they need to:

- Get more skills
- Get more confident



Family members said they need to:

- Get more information about the NDIS

Overall, three quarters of people said that My Choice Matters was doing a good job of helping them with these things they need.

That looks like this:



What have people changed in their lives because of taking part in My Choice Matters?

Not everyone had made changes in their lives because of taking part in My Choice Matters.

2 out of 5 people said they had already made changes.

That looks like this:



More people planned to make changes in the future.

The main changes people had made were:



- Getting more confident and independent



- Getting better at speaking up

What can My Choice Matters do better?

There are some things that My Choice Matters can do better:



- Making sure the information they give people is the same across the different workshops



- Doing more to help people build skills, not only give them information



This report is an Easy Read version of the following main report:

Griffiths, A., Nethery, D., Robinson, S., Bates, S., Meltzer, A., Kayess, R. (2015). *My Choice Matters Evaluation – Fieldwork Report Stage 2*. Sydney: Social Policy Research Centre, UNSW Australia.

This Easy Read report has been written by Ariella Meltzer. The pictures are Photosymbols.