



# **The Mental Capacity Act and My Life: Moving Home**



# Jack's diary



Hello I'm Jack. I'm 22 years old and I have a learning disability.



I live at home with my mum and brother.



I want to live in my own house and make new friends.



I have a job in my local shop and I love it.













My Mum helps me every day by helping me choose what I should wear and she also helps me with my money.



I know that moving home is a big decision

# A Social Worker completed a Mental Capacity Assessment

	<p>I asked my mum if I could have help to look at my decision to move home, my mum rang the council to ask for some support.</p>
	<p>The council said that a social worker would visit me.</p>
	<p>A date and time was arranged for the visit.</p>
	<p>When the social worker came to visit, she seemed nice.</p> <p>She told me her name and showed me her badge.</p>
	<p>The social worker told me about a Mental Capacity Assessment. This is to help me make decisions.</p>

	<p>She then asked me a lot of questions.</p>
	<p>She asked me where I would like to live. I didn't know where I wanted to live because I have only ever lived with my mum in our house.</p>
	<p>She then asked me what my mum helps me with. I said 'Money'. She asked me if there was anything else.</p>
	<p>I didn't say anything because I was a bit scared of all the questions.</p>
	<p>The social worker showed me some pictures to help make the questions easier. She asked me to point to a picture that made me happy.</p>



I pointed at the picture of the house with the blue door.



She asked would I like a shower or a bath.

I said I like showers.



My mum told my social worker about things I find scary doing on my own.

I get scared going somewhere new where I don't know anyone.

# An Advocate



My social worker said that she would ask for an advocate to visit me.



She explained that the advocate would support me to speak up if I felt too nervous.

This meant that I would be able to tell other people what was important to me.



She said that an advocate can support me in meetings with professionals too, especially if I don't understand all of the information.



When the advocate visited, she told me that she likes to get to know people. She wanted to know all about me.





We spent time together. I showed her where I work and how I get to work.








We looked at pictures of homes together.  
She will help me tell people what I want.



The advocate then spoke to my mum. My mum seemed to like her.  
Mum told her about her worries for me.



# A Best Interests discussion

	<p>The social worker and my advocate came back a few days later.</p>
	<p>My social worker said that this was a best interests discussion.</p> <p>She said a best interests discussion is to help decide what is best for me.</p>
	<p>She told me about my 'capacity' and said that there is a law that helps people who might be unable to make a decision about something in their life.</p> <p>This is called the Mental Capacity Act.</p>
	<p>This could be a decision about where a person would like to live or the help they need in the daytime.</p>
	<p>The social worker said I needed support and that I 'lacked capacity' to make a choice about where to live.</p>



I can make some decisions, like what colour to paint my bedroom.



She said I needed help to make a decision about where I will live.



My advocate helped me to talk to my mum about finding a house to live in on my own or with some friends.



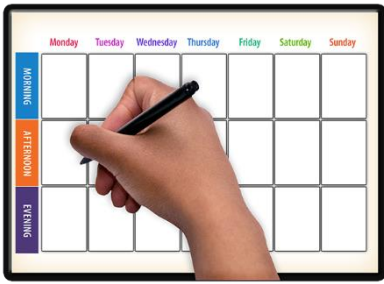
My mum seemed happy when the social worker asked her to look at some houses with us.

We talked about the friends I might want to live with.

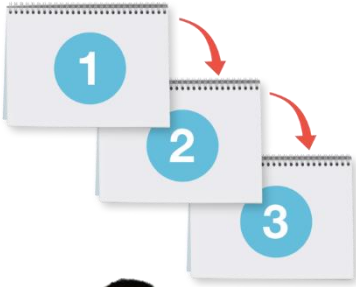


My advocate explained that I liked to be able to walk to work.

We talked about what area the home might be in.



To make sure that I get the right support when I move, we explained what my daily routines are.



We are all working together to make a 'plan' to find the right home for me.

I feel more relaxed now I know what to expect and that I am listened to.



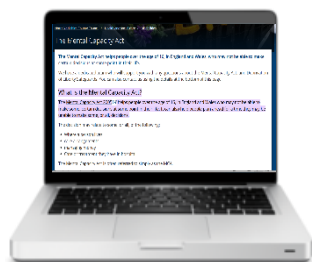
I am really excited about finding my new home and I'm happy that mum can visit me.

## More information



If you want to find out more about advocacy visit: [Cloverleaf Advocacy \(cloverleaf-advocacy.co.uk\)](http://cloverleaf-advocacy.co.uk)

Phone: 01609 765355



If you want to find out more about the mental capacity act visit: [The Mental Capacity Act | North Yorkshire County Council](http://www.northyorks.gov.uk)

Or go to [www.northyorks.gov.uk](http://www.northyorks.gov.uk) and search for 'mental capacity act'

If you want to speak to someone for advice or information, please contact the North Yorkshire Council Mental Health Act team:

Phone: 0300 131 2 131

**Thank you!** To everyone who helped make this booklet:

### Self-advocates

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Christopher Porter  
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Samuel Sellers  
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### KeyRing

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### Inclusion North

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	<p>KeyRing self-advocates from the North Yorkshire Learning Disability Partnership Board.</p>
	<p>Inclusion North  <a href="http://www.inclusionnorth.org">www.inclusionnorth.org</a></p>
	<p>North Yorkshire Council Health and Adult Services</p>

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