



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.





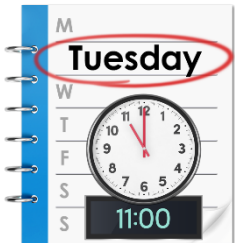

I want to live in my own house and make new friends.








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

 A composite image featuring a man in a dark blue t-shirt with a skull logo, looking thoughtful with his hand on his chin. To his right, a woman in a dark blue jacket points towards a red t-shirt and a light blue shirt hanging in the air. Below them are several British currency notes, including a £10 note, a £20 note, and a £5 note.	<p>My Mum helps me every day by helping me choose what I should wear, and she also helps me with my money.</p>
 A composite image featuring the same man from the first image, looking thoughtful with his hand on his chin. He is positioned inside a simple black outline of a house. A large black question mark is placed above his head, centered within the house outline.	<p>I know that moving home is a big decision</p>

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.</p> <p>My mum doesn't want me to move. She worries about me.</p> <p>But she listened to me and 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>My social worker helped me to talk to my mum about finding a house to live in on my own or with some friends.</p>
	<p>She then asked me a lot of questions.</p>
	<p>She asked me where I would like to live.</p> <p>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'.</p> <p>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.</p> <p>She asked me to point to a picture that made me happy.</p>
	<p>I pointed at the picture of the house with the blue door.</p>
	<p>My mum told my social worker about things I find scary doing on my own.</p> <p>I get scared going somewhere new where I don't know anyone.</p>

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.

	<p>We spent time together. I showed her where I work and how I get to work.</p>
	<p>We looked at pictures of homes together. She will help me tell people what I want.</p>
	<p>The advocate then spoke to my mum. Mum told her about her worries for me.</p>

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 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.

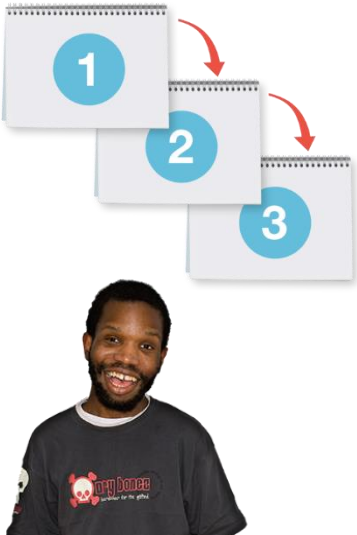



My advocate helped explain that I liked to be able to walk to work.

We talked about what area the home might be in.



We talked about my daily routines. This is to make sure that I get the right support when I move.

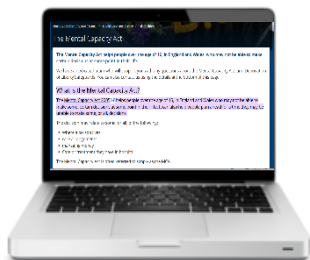
 A diagram showing three numbered steps (1, 2, 3) in a sequence, with a man smiling below them.	<p>We are all working together to make a 'plan' to find the right home for me.</p> <p>I feel more relaxed now I know what to expect and that I am listened to.</p>
 A man and a woman smiling in front of a house.	<p>I am really excited about finding my new home and I'm happy that mum can visit me.</p>

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 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

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