

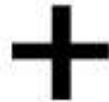


Supportive Parents SENDIAS  
Service for Young People

## SP 16-25's Easy Read



**Consent**



**Mental Capacity**

**and**



Everyone has a right to make their own choices. Having mental capacity means you are able to make your own choices.



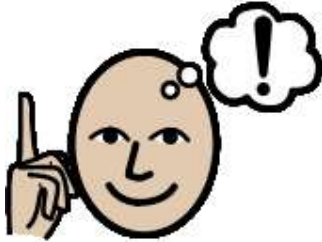
Consent means that you agree to something.



It should be believed that you have mental capacity unless proved otherwise.



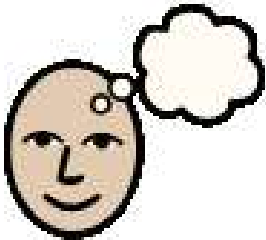
The Mental Capacity Act 2005 says that a person is unable to make their own decision if they cannot do one or more of four things:



- Understand information given to them



- Remember that information long enough to be able to make the decision



- Think about all information available to make the decision



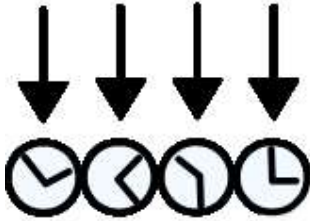
- Communicate a decision.

This could be by talking, using sign language or even simple muscle movements such as blinking an eye or squeezing a hand.



**As much as possible should be made to help you make your own decisions.**

**Any decisions made for you must be in your best interests.**



**Mental capacity should be decided each time you need to make a decision.**

**Just because you find one decision hard doesn't mean you find all decisions difficult or tricky.**



**Parents or carers can make decisions on your behalf as long as you:**

- gave consent or
- don't have mental capacity.



**If we have concerns about someone's mental capacity and think they may be unsafe we will seek advice from a carer or social worker.**



**For more information on the Mental Capacity Act see the Government's easy read:**

**<https://www.local.gov.uk/sites/default/files/documents/easy-read-guide-pdf-16-pa-2cc.pdf>**



**If you have any questions please contact us:**



**[support@supportiveparents.org.uk](mailto:support@supportiveparents.org.uk)**



**0117 989 7725**



**[www.supportiveparents.org.uk/SP16-25](http://www.supportiveparents.org.uk/SP16-25)**



**If you want a parent or carer to contact us please fill out a consent form\*.**

**\*(Consent forms are available on our website or ask your parent/carer to get one from us.)**

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