



IHC Strategy Survey



**A guide for people with
intellectual disability**



You are welcome to take part in this **survey** to say what matters most to you and other people with intellectual disability now and for the next 10 years.



A **survey** is a way of asking people questions to find out what they think, feel, or do.



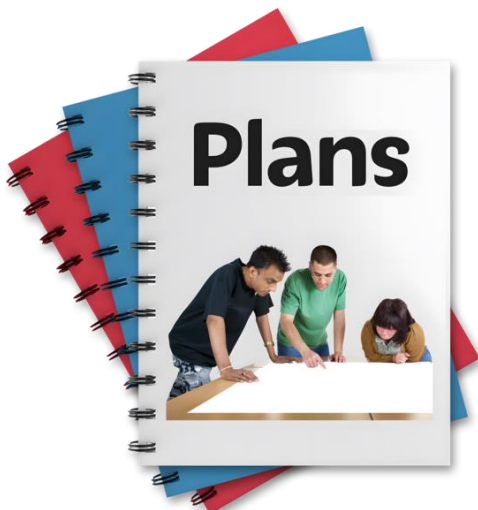
This survey is called the **IHC Strategy** survey.



IHC is an organisation that supports people with intellectual disability.

IHC works for people with intellectual disability to:

- live good lives
- be part of the community
- have rights.



A **strategy** is a plan that shows what a person, group, or organisation wants to do.

It is like a roadmap for the future.



Only answer the questions you want to answer.

Anything you say is **anonymous**.



Anonymous means no one knows who said what.



This means you are safe to say what you want.

There is a wheel showing parts of your life:

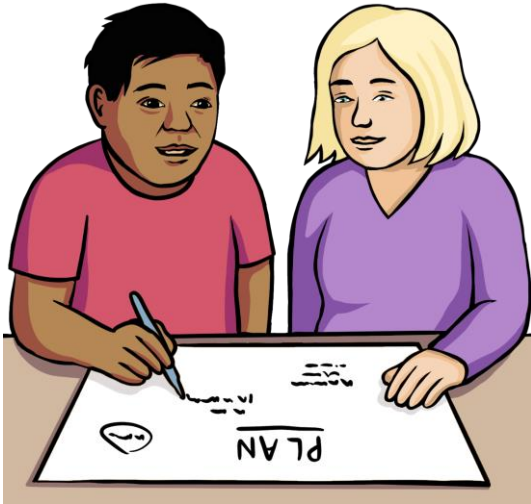


- Safety
- Physical and mental health
- Friendships and relationships
- Employment and volunteering
- Knowledge and skills
- Somewhere to live
- Income and poverty
- Caregiver wellbeing

These words will be explained in this Easy Read document.



There will be questions about which parts of the wheel are the most important to you.



You will also be asked:

- Why each part is important to you
- What IHC can do to make a difference.



The survey uses the word **domains** to mean parts of your life.

Domains



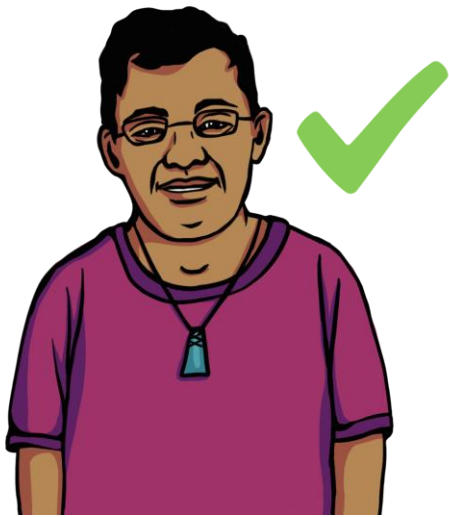
Safety is about how often **crime** happens to people with intellectual disability.



Crime are things people do that break the law. It can be things like:

- Hitting someone
- Stealing something
- Hurting another person in the family.





Physical and mental health is about being well and feeling well in your body and mind.



Physical health means how well your body is working. It is about having energy, feeling strong, and being able to do the things you need and want to do.



Mental health is about your mind and how you feel. Good mental health can mean feeling okay most of the time and being able to talk about your feelings.



Friendships and relationships

are about:

- Making and keeping friends
- Having a partner if you want
- Staying in touch with family or whānau.



Employment and volunteering

Many people work and get paid, this is called employment.

Some people work and do not get paid, this is called volunteering.



Knowledge and skills is about learning. You do a lot of learning at school, but you can learn any time throughout your life.



Somewhere to live is about having a house to call home.



Income and poverty is about the money that people have to live.



Income is any way that you get money. It could be from a job, benefit, or something else.



Poverty means not having enough money buy everything you need to have a good life.



Caregiver wellbeing is about the people who help you stay healthy and well staying healthy and well themselves.



Caregivers are people who support you but are not support workers.

They can be people like:

- Parents or guardians
- Family or whānau
- Carers



Wellbeing means people feeling good about their lives.

Some things that can be important to wellbeing are:

- Rest
- Health
- Money
- Communication

Roles



The next part of the survey asks what you think IHC should do.

The survey uses the word **roles** to mean the things that IHC can do.



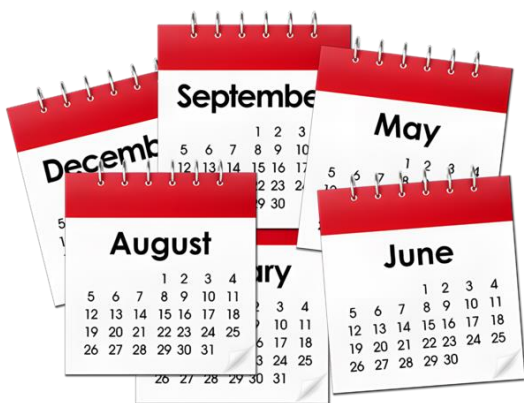
Empowerment advocacy

Empowerment advocacy means making sure people with intellectual disability are ready to advocate for their own rights.

Systemic advocacy



Systemic advocacy means making **long term social change** to support the rights of people with intellectual disability and their families or whānau.



Long term is something that happens over months or years.



Social change means working on new ways of living, thinking, and treating each other.

It can be about changing:

- Beliefs
- Rules or laws
- How we do things.



Partnering advocacy

Partnering advocacy means working with other organisations to advocate for people with intellectual disability.



Government commissioned support

Government **commissioned** support means providing services the government pays for.



Commissioned means someone asked a person or group to do a job and pays them for it.

IHC funded support



IHC funded support means using money from IHC to do good things for people with intellectual disability.



Funded means money was given to help pay for something.

Funding others



Funding others means paying other organisations to do good things for people with intellectual disability.



A home to own

Helping people with intellectual disability buy their own house.



A home for people with intellectual disability to rent

Helping people with intellectual disability find a house to rent and keep living there.

Rent is the money people pay to live in a house that belongs to someone else.

A home for families and whānau to rent



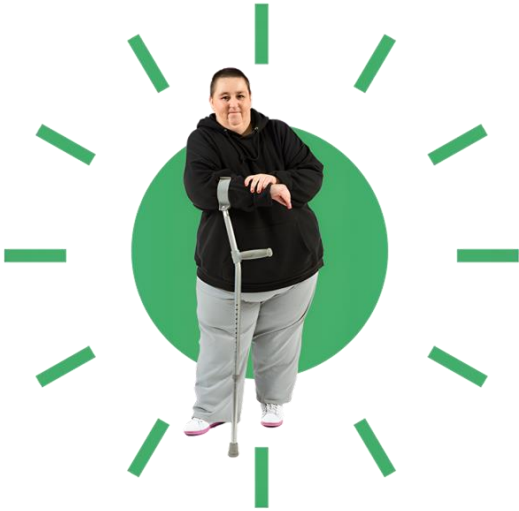
Helping families and whānau of people with intellectual disability find a house to rent and keep living there.



There is also a box that says **other (please specify)**.

This is where you can write any other ideas you have.

Information about you



The next part of the survey is about you and your life.



Only answer these questions if you want to.



We will not find out who you are from you answering these questions.

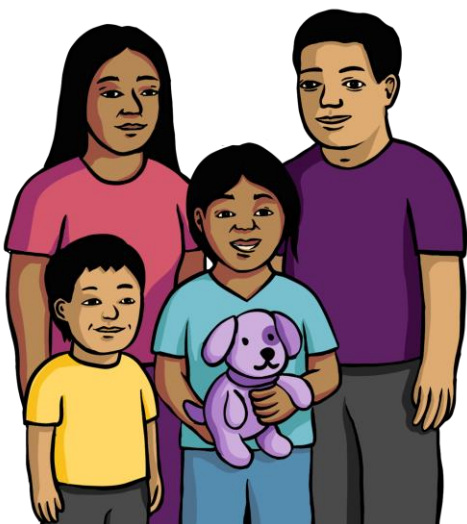


The first part is about how you connect to IHC.

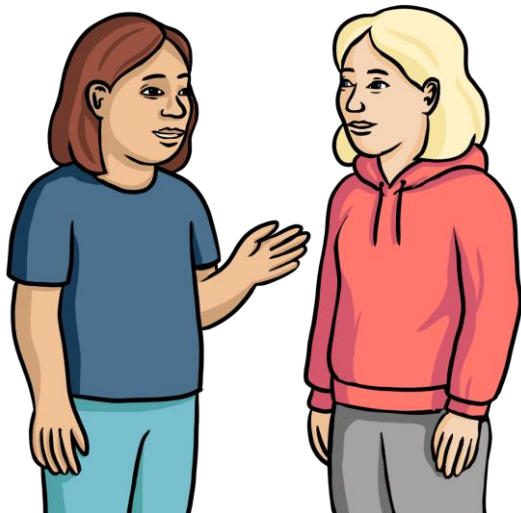
You can tick more than one box.



Tick the first box to say you are a person with intellectual disability.

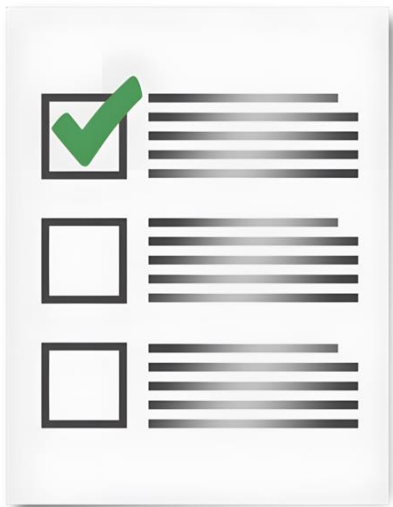


You might also be family or whānau to another person with intellectual disability.



You might also be a staff member at:

- IHC
- IDEA Services
- Choices NZ
- Accessible Properties.



You might also connect with IHC in any other way from the list.



Next there is a box for you to write anything else you want to say.



The next question is about **age**.



The next question is about the **where you live**.



The next question is about your **living arrangements**.

Living arrangements is about the way you live and who you live with.



Do you live:

- In a **residential service**
- **Independently**
- With family or whānau.



A **residential service** is home where people live with support workers who are there most or all of the time.



Living **independently** means living by yourself or with others:

- Not in a residential service
- Not with your family or whānau.

You can live independently and still have support.



Thank you for taking part in our survey.



This guide was written in
Easy Read by
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