

Welcome!

GLORIOUSLY
ORDINARY
LIVES



passionate about inclusion, community and people getting Gloriously Ordinary Lives

a bit of a rebel (nuisance), so work for myself

worked with the Valuing People team and In Control on the original ideas on personal budgets

longterm avoider of mental health services

shared lives carer to Sam, 28 and Lucy, 24

sunshine, the love of a good cat and red wine is the answer to most things





Where
Gloriously
Ordinary Lives
came from

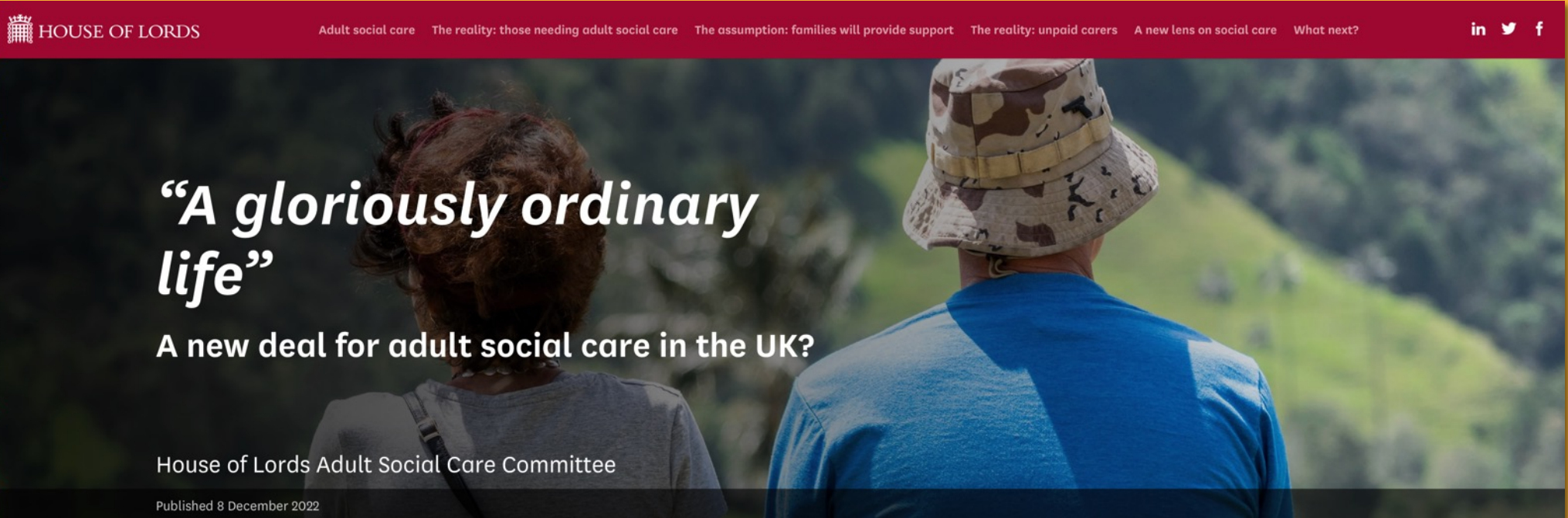
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#SocialCareFuture

We all want to live in the place we call home with the people and things that we love, in communities where we look out for one another, doing things that matter to us.

That's the social care future we seek. #socialcarefuture

<https://socialcarefuture.org.uk>



The House of Lords Adult Social Care Committee was appointed to consider the planning for, and delivery of, adult social care services in England.

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MUNDANE

+

HEART SING

=

Gloriously Ordinary Lives!

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THE VELVETEEN RABBIT



He said, "You become. It takes a long time. That's why it doesn't happen often to people who break easily, or have sharp edges, or who have to be carefully kept. Generally, by the time you are Real, most of your hair has been loved off, and your eyes drop out and you get loose in the joints and very shabby. But these things don't matter at all, because once you are Real you can't be ugly, except to people who don't understand."

Gloriously Ordinary Lives

It's all about **The Four Tests**. They are not a checklist or a process, simply a lens through which to view any support we consider for a person or their family.

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TEST ¹ ONE

Would I want or accept
that for **ME** or for
someone I **LOVE**?



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TEST ONE

This is the easy one. Whether you are a commissioner in a local council, run an organisation that offers support to people, are a Mum, Dad, sister or brother, someone who draws on support or who supports someone directly, this is the key question. Is what I am buying, providing or being offered something I would want for myself or someone I love? If there is even a glimmer of, *'hmmmm maybe not'* then stop and think again.

TEST ² TWO

Would I use that
LANGUAGE in my kitchen
with my **FAMILY**, or at the
cafe or pub with my **MATES**?



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TEST TWO

People working in health, social care and education have a strange desire to create and use a language of a parallel universe. Some is just plain silly... 'activities of daily living'? 'Accessing the community?' 'Mobilising?' Some is downright dehumanising... People described as 'complex cases', someone being offered a 'placement', or being described as 'non-compliant'. Using this language means people are viewed, and treated, as 'other' than us or less than human. And history teaches us how dangerous this distance and division can be. Think about the words you use to describe people, where people live, the way people communicate, and the things people do. If those words aren't words you'd use with family and friends, they are probably words that get in the way of people living Gloriously Ordinary Lives.

TEST ³ THREE

Would it make a
GREAT PHOTO? What
would the photo tell us?



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TEST THREE

This might feel a bit more subtle. Have a quick look at the photos on your phone. I bet they are a mixture of moments of joy (big and small), things that have moved you or made you laugh, memories you want to treasure ...maybe some food! This test is about taking a mental snapshot of the support someone is drawing on and their experience. What does that mental image tell us? Would you be happy to have it on your phone, or embarrassed or frankly a bit sad?

TEST ⁴ FOUR

Would it strengthen and support the person's **CONNECTIONS** and **RELATIONSHIPS**?



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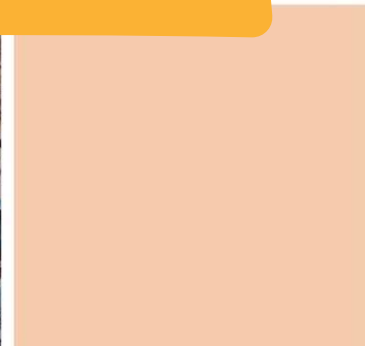
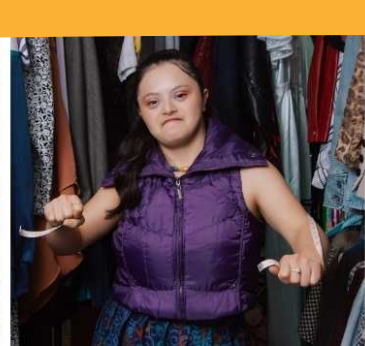


TEST FOUR

The famous Maori proverb asks, *‘What is the most important thing in the world? It is people it is people it is people!’* Test four reminds us of this. The most human paid support to help me get washed and dressed or eat my lunch is nothing if it doesn’t remember that I also need people in my life who are there because they love me.



So apply the Gloriously Ordinary Lives lens to the support you get or offer - what does it show? What does it tell you? How far from Gloriously Ordinary is it and **what would it take to get there?**



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www.gloriouslyordinarylives.co.uk