



Support for young people about SEND

SP 16-25's Easy Read



Consent



Mental Capacity



Everyone has a right to make their own decisions. Having mental capacity means you are able to make decisions for yourself.



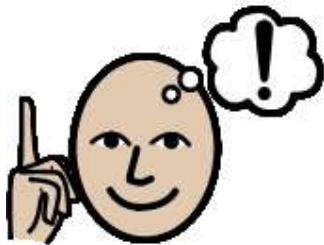
Consent means that you agree to something.



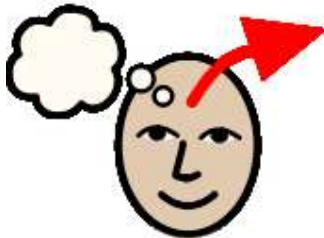
It should be presumed that you have mental capacity unless proved otherwise.



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



- understand information given to them



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



- weigh up the information available to make the decision



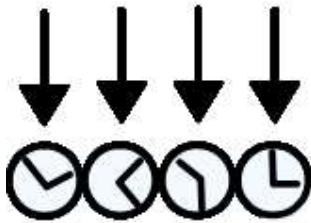
- **communicate their decision.**

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



Every effort 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 judged each time you need to make a decision.

Just because you find one decision difficult doesn't mean you find all decisions difficult.



Parents or carers can make decisions on your behalf as long as you have given consent or if you don't have mental capacity.



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



0117 989 7725



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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