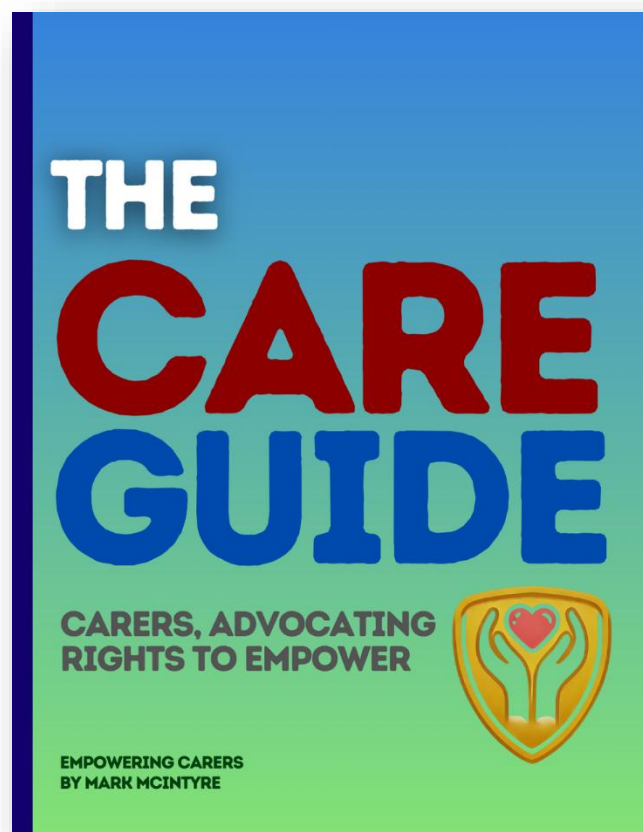


STORY 11

The Right to Make My Own Choices

Reflection and Teaching Aid

Section B of The Care Guide – Advocacy Stories



Training Resource Sheet

Story 11: Pebble the Gnome: The Right to Make My Own Choices

(From Section B – Advocacy Stories)

Story Summary

Pebble the Gnome is kind and gentle, but others treat him like he cannot make decisions. His meals, clothes, and daily schedule are decided for him. People assume it's easier that way. Over time, Pebble begins to believe his choices don't matter. But when a new carer starts asking his opinion and letting him decide for himself, he begins to change. He stands taller, speaks more, and starts living more fully. The story explores how everyday choices shape identity and dignity.

Training Focus Areas

1. **The Right to Choose**
 - Why are small decisions - like what to eat or wear - so important in care?
 - How does over-support become control?
 2. **Balancing Support with Autonomy**
 - How do we recognise when help becomes a barrier to independence?
 - What is the difference between enabling and empowering?
 3. **Respecting Capacity and Risk**
 - When is it right to step back and let someone take a reasonable risk?
 - How do we avoid using “safety” as a reason to limit freedom?
 4. **Promoting Dignity Through Everyday Decisions**
 - What does person-centred choice really look like in practice?
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Discussion Questions

- Can you think of a time you made a decision that made you feel more like yourself?
- How do we make sure we're offering choice, not just giving options we approve of?
- What kinds of decisions do we still make for service users without real consultation?
- How do we respond when a service user wants something we don't agree with?

Practical Actions

- **Role Play:** Practise offering real choice to a service user, even if their preference makes you uncomfortable.
 - **Reflective Task:** Review your shift or routine - write down three decisions a service user made independently today.
 - **Weekly Challenge:** This week, intentionally increase choice in one area of someone's daily routine - and reflect on the impact.
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Key Learning Outcome

Choice builds identity. Every person has the right to decide how they live - and it is our job to support, not control, that process.

How to Use This Resource

Use during staff training on autonomy, risk enablement, or person-centred care. Pebble's story offers a clear, gentle challenge to reflect on how power and choice show up in daily routines.

Date:

Time:

Place:

Name of presenter:

Names of staff in attendance:

Name of service users taking the lesson:

Feedback: