



What is include Me!?

include Me! is a short survey. By answering a few questions, you can let us know if you are having the opportunities you would like to:

- learn and do new things
- make choices about the big and little things in your life
- participate in your community and neighbourhood
- make friends and spend time with the people you care about
- take care of yourself and be healthy
- earn money and spend it on things that are important to you

How do I participate?

You can go through the questions face-to-face with a person with a developmental disability who has been hired and trained by a research company called R A Malatest & Associates. They are really good at their job and will make sure that you have a positive experience. You can also complete the survey over the phone or online. Your service provider will work with Malatest to set all of this up.

How long will it take me to do the survey?

The survey includes 53 questions. It usually takes about 30 minutes to go through everything, but you can take as much time as you need.

Do I have to participate?

No. It's completely your choice, but we hope you will give it a try. We have already surveyed over 3000 individuals and most people really enjoy the process. Remember that you can stop the survey at any time, you can skip questions you don't understand or don't want to answer, and can ask for help along the way.

What if I want to participate but don't think I can answer the questions by myself?

If you want to participate but don't want to complete the survey on your own, we can ask two people who know you well to answer for you. You can let your service provider know who you would like to ask and they will help set that up. It should be someone who knows you very well. Family members, friends, and even people you've worked with for a long time are good people to ask.

Why do CLBC and service providers want to learn about my quality of life?

Community Living BC (CLBC) and service providers want to know if people with developmental disabilities are leading good lives in welcoming communities. By participating in *include Me!*, you can help them understand what's already going well for people and how we can help individuals experience an even better quality of life. We want to know if you are healthy and happy, have positive relationships, and can make choices about the things that are important to you.

Will CLBC or my service provider know what I said in the survey?

No. All your answers are completely confidential.

CLBC and the service providers will not be able to see your answers. Your name is not written anywhere on the survey.

All the survey answers, including your answers, are grouped together and put in a report for each service provider and CLBC.

What happens to my survey once I finish it?

When you finish, the surveyors send it to Malatest. Malatest will put your answers together with other people's answers into a report for CLBC and for each of the service providers.

Service providers will use the report to make the services they provide to you and the other people even better.

Can I become an include Me! surveyor?

Maybe. You should speak to Malatest to learn more about how to become a surveyor. Malatest will let you know:

- if they are looking for surveyors in your community
- about the skills you need to be a surveyor
- the training you have to do
- what the job is like

You can speak to Malatest by phone or e-mail at:

- 1(800) 665-5848
- includeMe@malatest.net

More Information

Learn more at www.communitylivingbc.ca/include-me. If you have questions, please contact:

Andrea Baker (provincial)

phone: 604.664.0101 / email: andrea.baker@gov.bc.ca

Jennifer Wheadon (Vancouver-Coastal / South Fraser)

phone: 604.209.5848 / email: jennifer.wheadon@gov.bc.ca

Chelsea Muskens (Southern Interior)

phone: 250.808.3845 /
email: chelsea.muskens@gov.bc.ca

