

This charter outlines the key ethical and quality of practice considerations that organisations must adhere to when using The Life Wheel. It is designed to ensure that the use of The Life Wheel promotes the use of positive support/strengths based approaches in services that use it, and enhances the quality of life for those the organisations support. By committing to these principles, organisations demonstrate their dedication to upholding the highest standards of care and support.

## Key Criteria

1. **Commitment to Quality of Life:** The focus of practice, when using The Life Wheel, must always be on improving and maintaining the quality of life for those supported. This includes ensuring that interventions and strategies are evidence-based and tailored to meet individual needs, and are used to enhance and equalise the life wheel domains, increasing the overall quality of life for the person.
2. **Holistic Approach to Support:** Organisations must employ a holistic approach to support using the life wheel principles, ensuring that practices are comprehensive and address all aspects of an individual's life. This includes supporting people in relation to all domains of the life wheel that impact a persons overall quality of life.
3. **Non-Punitive Support Strategies:** The use of The Life Wheel must be accompanied by strength based positive support strategies that are non-punitive. For avoidance of doubt, the organisation must always strive to avoidance any practices that involve restraint and/or punishment.
4. **Person-Centred, Strengths-Based Support:** Support practice must be person-centred, focusing on the strengths and preferences of the individual. Documentation and language used in the implementation of The Life Wheel and all other support documentation should reflect a strengths based approach.
5. **Promotion of Positive Risk-Taking:** Organisations must promote positive risk-taking to enable opportunity, and choice and control for people using services. This involves balancing proportionate safety with the individuals' right to choose and to engage in activities that contribute to their quality of life, and the focus on risk must be on enabling opportunity, rather than a barrier to it.
6. **Ethical Considerations and Respect for Rights:** Organisations must ensure that all practices related to The Life Wheel respect the rights and dignity of individuals. This includes privacy, confidentiality, the right to informed consent, and maximised choice and control – as far as possible – for each individual.
7. **Continuous Learning and Improvement:** There must be a commitment to continuous learning and improvement in the use of The Life Wheel, and organisational support practice. Organisations should engage in regular improvement cycles and feedback loops to enhance their practices.
8. **Promotion of Inclusivity and Accessibility:** The Life Wheel should be used in a way that promotes inclusivity and accessibility, ensuring that services are available and adaptable to meet the diverse needs of those supported, on an individual basis.
9. **Adherence to the General Terms of Use:** Organisations must adhere to the “General Terms of Use for The Life Wheel”, respecting the intellectual property and ethical guidelines set out within.

## Sub Note:

“The Life Wheel” is provided as a free tool to enable widespread use across health and social care sectors. We request that organisations who benefit from the use of The Life Wheel commit to an annual honesty payment if they are fiscally able. This contribution supports the ongoing development and dissemination of The Life Wheel, ensuring it remains a valuable resource for enhancing the quality of care and support provided to individuals.

By adhering to these principles, organisations contribute to a culture of excellence, respect, and positive support within the health and social care sectors.