

Theory of Change

Outcomes and Impacts to improve the lives of disabled people in Brighton &Hove and East Sussex

STEP 1: Inputs

People and Expertise

Skilled staff, volunteers, and lived experience leadership, including peer support and co-production.

Services and Tools

Advice Centre, Hospital Discharge, At Home, Payroll & Supported Bank Accounts, PA Notice Board, Shopmobility.

Partnerships and Infrastructure

Local and national networks, funders, digital platforms, and community spaces that enable delivery and advocacy.

STEP 2: Outputs

Direct Support Delivered

People supported through advice appointments, hospital discharge visits, At Home tasks, PA matches, and mobility hires.

Community Contributions

Volunteer hours, peer-led activities, training sessions, and co-produced initiatives improving local accessibility and inclusion.

Organisational Reach & Data

Service usage statistics, user feedback, awareness campaigns, and engagement with employers, funders, and decision-makers.

STEP 4: Long-term Outcomes

Increased Independence and Quality of Life

Disabled people have greater control over their lives, with improved access to practical support, advice, mobility, and inclusive opportunities—reducing isolation and enhancing wellbeing.

More Equitable and Inclusive Communities

Public spaces, services, and workplaces become more accessible and inclusive as a result of systemic influence, co-production, and awareness-raising, leading to stronger participation by disabled people in society.

Sustainable Change in Policy and Practice

Lived experience shapes decision-making at local and national levels, embedding the rights, needs, and contributions of disabled people in policy, funding, and service design.

STEP 3: Intermediate Outcomes

Improved Access to Support and Services

Disabled people are better connected to the advice, mobility, and home support they need, enabling quicker recovery, greater stability, and more informed choices.

Increased Confidence and Participation

People gain confidence, digital and employability skills, and knowledge of their rights, empowering them to engage in community life, work, and advocacy.

Shifts in Attitudes and Practice

Employers, service providers, and local decision-makers become more disability-confident and inclusive, adopting best practices through training, consultancy, and lived experience input.

STEP 5: Overall Impact

Greater Equity and Inclusion for Disabled People

Disabled people experience fewer systemic barriers and have equal opportunities to live independently, access services, and participate fully in society.

A More Just and Accessible Society

Public attitudes, systems, and services are transformed through co-production, rights-based advocacy, and inclusive practice—ensuring disability is recognised as a natural part of human diversity.

Key Assumptions:

- Disabled individuals are experts in their own lives, and their experiences should inform solutions.
- Systemic barriers can be addressed through inclusive design and social change, promoting holistic well-being as a human right.
- Support during key transitions, like hospital discharge, enhances independence and prevents crises.
- Peer-led approaches build trust and relevance, while inclusive environments benefit all.
- Small local interventions can lead to significant systemic change when supported by advocacy, evidence, and collaboration.