

This is What People Keep Saying is Important



There are some things people with a learning disability or autism and their families keep telling us are really important.



We asked Jan Walmsley to help us to make a list of these things.



Jan Walmsley is a researcher and academic. She finds things out as part of her job.



This is the list she helped to make.

We hope it will help you to think about what is really important to you.



Benefits and Money



Some people said they find money and benefits confusing to understand.



Some people said it is hard to apply for benefits. They do not know how to appeal if their application is turned down.



Some people said they are made to feel bad for claiming benefits.



Some people said they do not have enough money to live on. They do not have enough money for food or heating.



Some people said it is important to join together to fight against cuts in benefits and funding.



A Good Life



Getting a paid job is important to a lot of people.



Some people said they want to be able to join in more activities that they enjoy near to where they live.



Some people said there should be better help for children and their families to know how to get a good life as they grow up.



Love and Relationships



Some people said they want support to have loving adult relationships. Some people talked about the Supported Loving project as a good way to do this.



Some people said they want to get married.



Some people said they want to have children and get help to learn how to be a good parent. They want this to be a right like it is for people without a learning disability.



The Right Support



Some people said they want help to employ Personal Assistants who can also be friends.



Some support staff said they find it confusing to be a friend when they are being paid. They want help with this.



Some people said they find it hard to get good staff. Some people said that good staff often leave and this makes them upset and angry.



Some people said they want things like the Stay Up Late Campaign and Gig Buddies to be in every area.

They said they want to be able to have a good social life.



Some people said they want to use assistive technology to have more freedom and independence.



Some people said they get angry because social workers and support staff stop them from doing the things that are important to them.

They think they should be able to take more risks and try new things.



Health



People said it is wrong that some people with a learning disability and / or autism die because they didn't get the right treatment.



Some people said they want to choose what treatment they get. They want to have the right to say no if they don't want treatment.



Some people said they are given too much medication. They want this to stop.

Some people have joined the STOMP campaign to stop this from happening.



Some people said they want better help when they are feeling sad after a friend or someone in their family has died.

Other people said they want better help with their mental health.



People said it is wrong that health and social services in some parts of the country do not work with self-advocates to make things better.



Advocacy and Self-Advocacy



Lots of people said self-advocacy is very important.

They think there should be more money for self-advocacy for everyone with a learning disability and / or autism.



Some people said they want to hear more stories about how self-advocacy has helped someone to get a better life.



Some people said there is not enough support for families.

They think families should be listened to more.



Some people said people in power are making too many rules.

They think this is stopping small, local self-advocacy groups from getting the money they need.



Arts and Leisure



Some people said they want to see more stars and famous people with a learning disability and / or autism.

They want to see this on TV. They want to see this in sport.



Some people said they want it to be easier to choose a job in the arts.

Jobs like being an actor. Or being a musician. Or being a dancer.



Some people said they want it to be easier to join local groups or visit places like museums and theatres.

They think more money should be spent to make this happen.



Housing



A lot of people said everyone should be able to choose where they live and who they live with.

They said this is their Human Right the same as for people who do not have a learning disability.



Some people said they think it is wrong that people with a learning disability are made to live in areas that are not safe.



Some people said the law needs to work better.

They are worried that more people will be made to live in care homes and hospitals because of money.



Other Things



Some people said there should be more support so everyone knows how to vote.



Some people said the government needs to take more notice of people with a learning disability and / or autism.



Some people said they are angry that people with a learning disability and / or autism have been treated badly by a care provider or a hospital.

They think the Care Quality Commission should do more to stop this happening.



Some people think there is still too much bullying and hate crime. They want this to stop.



What Next?



Jan Walmsley told us people have been saying these things are important since 2004.

They have been saying these things are important for 15 years.



We think that is too long.

We don't want people to just keep talking about what is wrong.



We think it is important for everyone to work together to make things better.



We think it is important that people with learning disabilities and / or autism take control of this work.



We know some good things have happened.

We know some people live a good life.



Learning Disability England will help to bring people together to agree what they want to next together.



Thank you for being part of this important work.