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Growing Older, Planning Ahead



People with learning disabilities are living longer.



We know little about what support older people with learning disabilities need for a good life.



We know little about how families with people with learning disabilities plan ahead.



The research team included people with learning disabilities, family carers and university researchers.

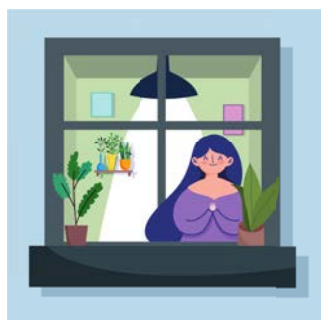
What did we do?



We read a lot of things written about older people with learning disabilities.



We found examples of excellent support for older people with learning disabilities.

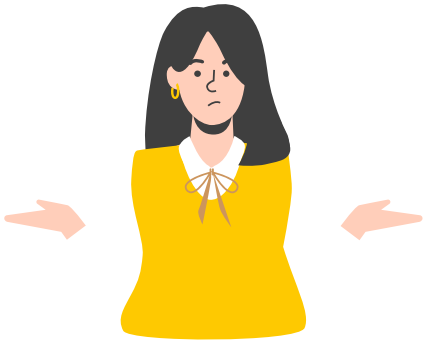


Researchers spent time hanging out with people living in these excellent homes.



We worked with people with learning disabilities and family carers to make cards to help people plan ahead.

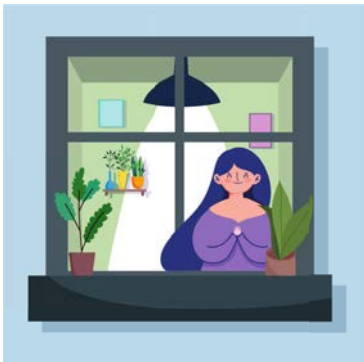
What did we find?



Little attention is paid to people with learning disabilities growing older.



It is important to match staff to people being supported.



It is important people have a comfy home and live with people they choose.



It is important support workers think about people growing older.

What did we find?



Families worry about the future and are not supported to make plans.



There was not enough information about what support is possible.



People with learning disabilities can lead dull lives with little going on.



No one knows who is responsible for making sure older people with learning disabilities live a good life.

What needs to change?



The government needs to think about older people with learning disabilities.



People with learning disabilities need active support to live and age well.



Good support should be shared so more people understand what good support looks like



Recruit kind staff and celebrate the small things that make a difference to people's lives.

What needs to change?



Be flexible and allow people to try different types of support before they move.



Pay self-advocacy groups to help local older people decide where to live.



People who buy services should listen to people with learning disabilities and family members.



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