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Thinking about people with learning disabilities living good lives



People with learning disabilities can lead poor lives.

We wanted to know what people with learning disabilities love to do.



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

What did we do?



We spoke with 50 people with learning disabilities and 28 family carers on zoom.

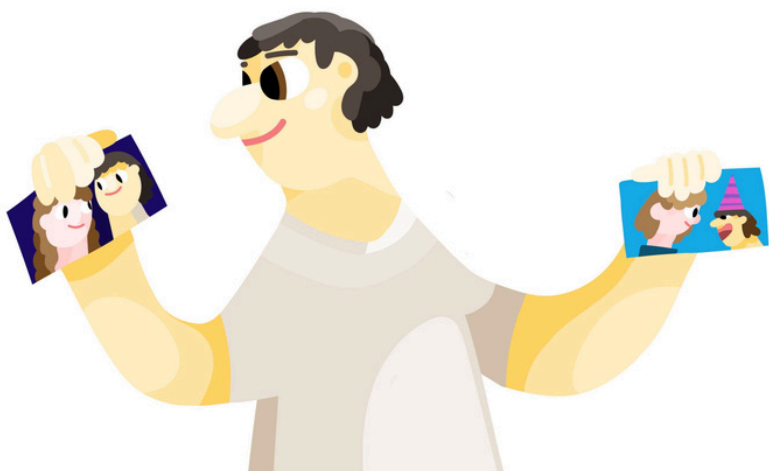


We thought hard about what people told us and found some key areas.

What did we find?



The main thing we found is the importance of doing what you love and growing.



People loved being outside, gaming, being with family, friends and pets, helping others, working and looking at family photos.

Some families could arrange a lot of activities for their relative with learning disabilities.



People with learning disabilities told us they like to keep busy.



Self-confidence was important.

People liked to try new things.



Joe's sister said he loved his job delivering leaflets. It gave him confidence.

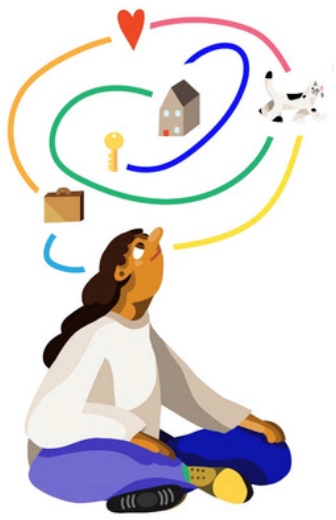


Support staff were important in helping people to do new things.



Some parents said they guided the choices their relative made.

They wanted their relative to think about the future.



People with learning disabilities said they wanted to wait until they were older to think about the future.



People with learning disabilities said they gave to others by being loving, helpful and supportive.



Jen told us she cheered a lot of people up on Zoom during the pandemic.



People with learning disabilities said their friends were very important to them.



Some parents told us they did not think these friendships were important.



People with learning disabilities said they loved to be out in the world.

Cath said her son loved bacon butties and travelling round London on buses talking to people.

Some people told us they felt lonely and did not get out much.





We also found some people had empty lives with nothing to fill their time.



What does this mean?

It is very important family and support staff know what it is people love to do.



We found people with learning disabilities can lead empty lives and some people think this is ok.



We do not know how much say people with learning disabilities have in what they do.



We need to have better ways of finding out what opportunities people with learning disabilities want.



Focusing on what people do rather than what they would love to do, means support can remain poor.

For more info email Sara at sara.ryan@mmu.ac.uk



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