

How can you help people have better days?



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This briefing was created by Val Williams, with many thanks for their help to Lisa Ponting, Julian Goodwin and North Somerset People First.

How can you help people have better days?



These pages are for self-advocacy groups. That means any group of people with learning disabilities, where people speak up for themselves.



They are about things you can do so that people with learning disabilities have better days.



We know groups need money to do things, and no-one can do everything! These are ideas from other groups for you to think about.

Share ideas about things to do



You can run meetings for people.



At the meetings people can talk about places they want to go in the day, or what jobs they do.

Top tip: It is good to share ideas!



Make videos about what your members do in the day.

Other people can watch the videos and get new ideas.

Help people who don't use words



You can learn how to communicate with people who don't use words.



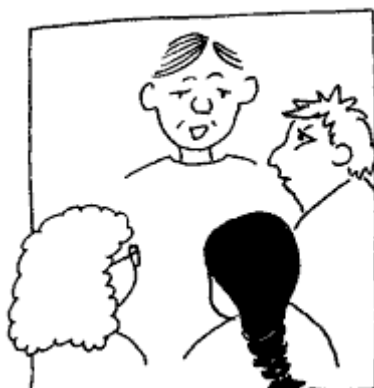
You can help people with their person-centred planning.



Top tip: Help people to get 'communication passports'.

They tell people how to talk with someone who doesn't use words. Support workers may be able to help.

Help people to go out



In your group you could decide where you want to go out.



Get supporters to help you go out.

I've got a sports centre card for myself now.



Top tip: It's good to join in!

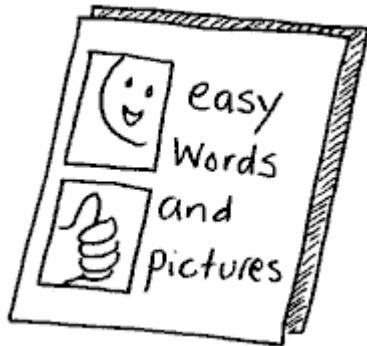
Go out with the group first and try things out. Then you can decide if you want to join in by yourself.

Work on getting...



How about checking out places like clubs, pubs, cafes or cinemas?

Tell the people who run them about what you need. You may be able to help them get better at things like easy information.



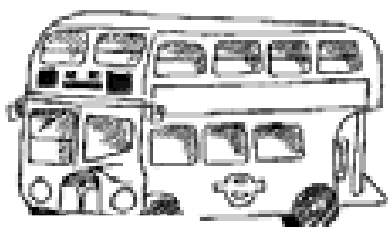
Top tip: Find people to help!



It may be the local youth club leader. It may be the guy who runs the football club.



Help people to go by bus or train



Some people could learn to use the bus to go out.



You can help each other to learn about buses. You can go out together, and be 'travel buddies'.



Top tip: Get training

You should have good support to help each other, like any volunteer. Your local college may be able help with this.

Think about jobs



Your group may be able to employ people with learning disabilities.



You can also train employers. Tell them about what people with learning disabilities can do.



Top tip: Think about ways to make money!

Get help to set up a small business.

**Listen
to us!**



**Tell people
what you think**

You could tell
councillors that
better transport.



your local
you need



You could go to your
partnership board and tell them that
people want to get jobs.



**Top tip: You can be a
campaigner!**

You have a strong voice.
Make sure people listen to
your ideas, and do something
about them.

Find out more



Setting up a business

www.ndt.org.uk/docsN/ME_easyread.pdf



Travel schemes

www.gloucestershire.gov.uk/media/adobe_acrobat/j/7/TransportPlansEasy.pdf

Campaigning

www.mencap.org.uk/html/campaigns/campaignpack.asp



APRIL 2007

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