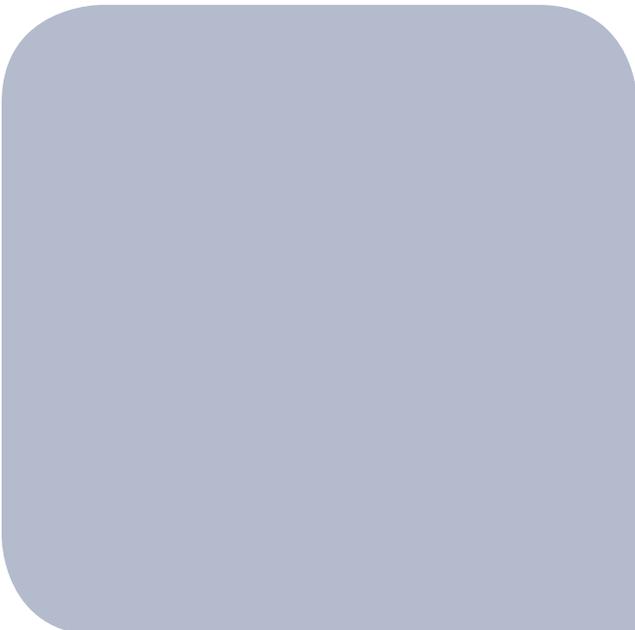


# Having a good day? People's stories



© Foundation for People with Learning Disabilities /  
Norah Fry Research Centre / University of Bristol



This report is available in print and online  
[www.scie.org.uk](http://www.scie.org.uk)



Social Care Institute for Excellence  
Goldings House  
2 Hay's Lane  
London SE1 2HB



020 7089 6840



020 7089 6841



020 7089 6893



[www.scie.org.uk](http://www.scie.org.uk)



It's important to have something good to do in the daytime. People with learning disabilities are doing lots of new things.



In 2005, a team of researchers found out what is happening for people all over the country.

These stories put together all the 'good points' from what we found out. The people and stories are not real, but are made up from the best things we saw and heard about in different places.

We also wrote some big reports for managers, who are trying to get things right for people with learning disabilities.



## Jane's story

This is Jane. She used to go to a day centre 6 miles from where she lives. The day centre is closing down, but Jane doesn't mind. She always wanted to get out and do something different.



I want to do gardening



She told the manager what she wanted to do. The manager asked her if she'd like to join a gardening project. It is much nearer to where she lives.



There were other people at the day centre who also wanted to do gardening. Jane is a member of a club run by People First and they helped them to learn how to use the bus.



So now Jane goes to the 'Plants Project' on Mondays and Fridays. She goes by bus.



On Tuesday, she goes to college and is working for a certificate. The course is about working in the park, and other students from the Plants Project also do the course.



I want to sell the plants we grow in the Plants Project.

Staff at the old day centre are changing their jobs. They helped Jane set up a market stall to sell plants grown at the Plants Project.

## Roy's story



This is Roy. He is a young man, who went to a special school.



The school had started helping people to do person-centred planning. His mum and some friends got together to help him make photos and drawings about what he wanted to do. John was the man who helped get his plan sorted out.



Roy decided to go to college. He was on a work skills course, and they gave him 3 jobs to try out, to see if he liked them.



But after college, he still didn't know what to do next.



He went back to John, who now had a new job called 'community enabler'. The job was to help people find things to do in the community.



Roy has decided to join a Healthy Living group that has started up in the local leisure centre. It is for people with learning disabilities, and they do basketball, fitness and swimming.



Roy has started to mix with lots of people there from outside his group. He is now a member of the Leisure Centre.

## Asha's story



Asha lived with her parents, and only went to a day centre 2 days a week. One of her parents died, and Asha moved into a flat.



The community team worked with Asha, and found her a key worker. Together, they have found a local group for Asian people with learning disabilities, and Asha feels much more confident.



Asha has now chosen her own personal assistant, who comes to the flat to help Asha. Maya is from the same culture, and supports Asha to go to the Temple.

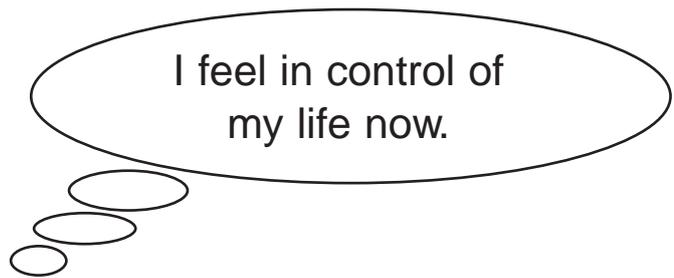




Maya helped Asha to apply for a job in an office. She got the job!



Maya is going to carry on helping Asha in the job. She chatted to another worker in the office, called Jenny. Jenny is a good friend, and wants to help Asha in her work.



Asha is very happy in her new job.

# Kevin's story

Kevin uses a wheelchair, and he lives in a small village.

People always told him he would have to stay at a special day centre because he couldn't walk or talk.



But one day a friend told him he could get a direct payment, instead of using services. Then he'd be able to employ his own support staff. He'd be able to get out and do things he wanted to do.

A PA can help you do what *you choose*



They talked about everyone having a personal assistant (PA).

Kevin thought that would be nice.



Kevin's mum wasn't sure about all this. But she saw a video of someone else enjoying their life with a personal assistant. She said 'OK, let's give it a go'.



Now Kevin can go out with his PA, go shopping and meet people from outside the day centre.



Kevin gets money in his benefits to help him get around, and he has bought a car with this money. His PA can drive him to places he wants to go.



Kevin has got some easy information about a course he could go on. It will help him set up his own business. This lady is telling him about someone who is making money running discos. Kevin thinks that sounds like a great idea!

**These are some of the main things that helped Kevin, Roy, Jane and Asha to change their lives.**



### **Working together**

People with learning disabilities, and their families, are working on committees, together with managers. They can help to make good changes.



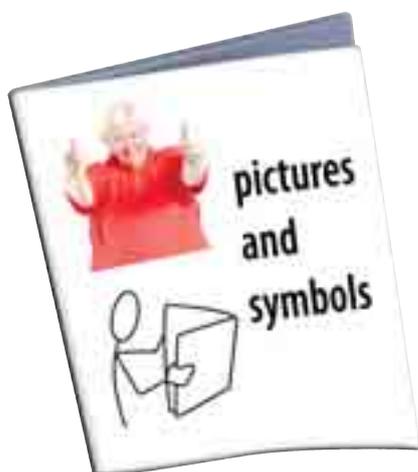
### **Good leaders**

Good leaders are people who work with a strong team of people who share the same vision.



### **Changing the way people think**

Staff and managers need to think of new, creative ways of making things work well. The good thinking sometimes comes from outside the world of services.



### **Person-centred planning**

People need person-centred plans, so they can say what they want to do in the community. These should be linked up more with direct payments.



## **Putting the money together**

Managers need to work out the funding for a person's whole life. It doesn't need to be split into 'day services' and 'home'.



## **Getting money out of day centres and training staff**

As they change day centres, managers need to help the staff learn new skills. They can then help people in the community and at work.



## **Getting to know the community**

Staff need to help people find new things to do in the community. Social services should work with community groups, and other people who may be able to help.



## **Finding better ways to travel**

People can learn to use buses and trains, if they get good support. People can also buy cars, and have a driver.



# Thank you

This report was written by Val Williams of Norah Fry Research Centre. She had help from Julian Goodwin, Lisa Ponting and Kerrie Ford.

The pictures were supplied by [Photosymbols.com](https://www.photosymbols.com)

## Find out more

To find out more or to get hold of the big version of this report, please get in touch with:



Social Care Institute for Excellence  
Goldings House  
2 Hay's Lane  
London SE1 2HB



020 7089 6840



020 7089 6841



020 7089 6893



[www.scie.org.uk](http://www.scie.org.uk)