



# More power to people with a learning disability



This is an easy read summary of the paper 'Shifting the balance of power' in [Advances in Mental Health and Intellectual Disability](#) (2018, issue 3)



Everyone should have a happy and healthy life-



- Live in their own home



- Live with people they want to live with



- Do things they enjoy

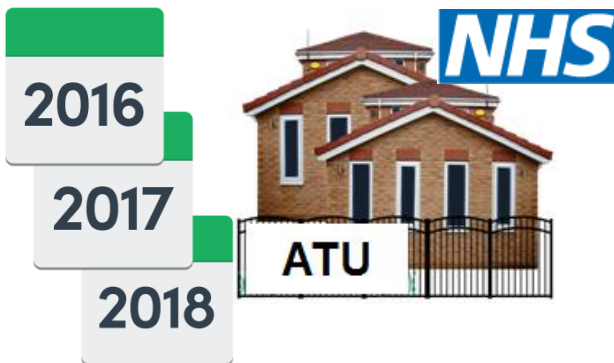


In England, health and social care organisations are working together to help people with learning disability have a happy and healthy life.

This work is called **transforming care**.



Some people with a **mental health problem** or **behaviour which can challenge services** have been living in hospitals for a very long time.



These hospitals are called **assessment and treatment units** or **ATUs**.



We do not want people living in hospitals for a long time.

People should only be in hospital while they are getting treatment they couldn't get at home.



People should make decisions about their own lives.



**Health and care staff** should listen to each person and work with them.

Health and care staff include-



- support workers



- nurses



- doctors



- people who plan and pay for services for people  
**(commissioners)**





- and people who make big decisions (**policy makers**)



Staff should help people to make their own decisions.



Everybody should be treated as an equal.



Staff should make changes to make sure everyone can be treated as equal.

We call these **reasonable adjustments**.

This can be things like-

- extra time in appointments
- ramps
- easy read information



This will give people more power to be-



- happier



- healthier



- and live long lives



**Building the right support** is a plan which explains how we want to do this

<https://tinyurl.com/BuildingSupport>

There are two things we want to make happen-



(1) People are able to make choices about their own life- to live in their own home

We call this **empowerment**.



(2) Work with people with a learning disability to design good quality services.

We call this **coproduction**.





**We are people!**



**There are lots of things we all should do to give people more power -**

- Use human words to talk about people.

People are people first-not labels.

- Use easy words, so people can understand.



- Listen to people-



- a. Have meetings



- b. Invite people to be advisors



- c. Give people with a learning disability paid jobs.



- Trust and support people to make their own decisions



- Check if staff listen to people.

Do something about it if they do not!



- Listen to people's feedback and complaints.

Do something with the information people give you.



- Give people and families control of the money for their care with a **personal budget**.



Watch a video about Claire and her family who have a personal budget.

She is in charge of her own support and does not live in hospital.

[www.cpstrust.co.uk/](http://www.cpstrust.co.uk/)



Watch more videos about people being empowered and leaving hospitals.

Like Lucy who is becoming more independent and has left hospital.

<https://tinyurl.com/EmpowermentVideos>



If you would like more information about this work you can

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