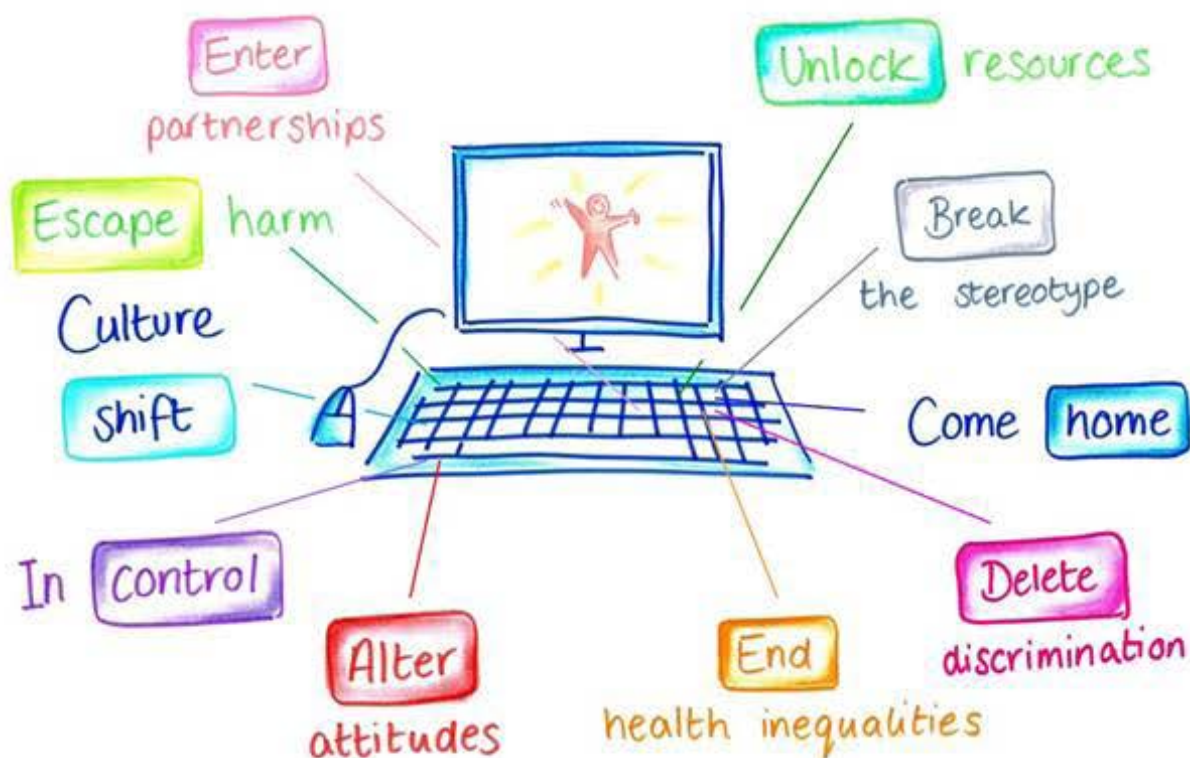


The keys to life

Improving quality of life for people
with learning disabilities



PLAN FOR 2015 TO 2017

EASY READ

The keys to life

Introduction



The keys to life is the Scottish Government's plan for people with learning disabilities. Lots of people with learning disabilities helped to write **The keys to life**. It was written in 2013.



The keys to life said lots of important things. **The keys to life** has a list of 52 important changes that have to happen to make things better for people with learning disabilities. Some of these important changes have already happened.



Here are a few examples:

The keys to life said that we need to be able to count things so we know what change is needed.



It is important to count things like how many people with learning disabilities go into hospital and why they go into hospital.

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The Scottish Government asked the University of Glasgow to do this. The University of Glasgow has set up a group of people who are good at counting important things. This group is called the Scottish Learning Disabilities Observatory.



The keys to life said things need to get better for parents who have learning disabilities. Lots of work has happened to make things better for parents. The Scottish Consortium for Learning Disability has written the 'Scottish Good Practice Guidelines for Supporting Parents with a Learning Disability.'



The keys to life said that there should be more places for people with profound and multiple learning disabilities to go to when they are out and about. These are called 'changing places toilets'. PAMIS have provided over 100 changing places toilets.



Work Place

The keys to life said people with learning disabilities have the right to work. We have supported lots of projects to help people with learning disabilities find a job.

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The keys to life said that friendship is important. There has been lots of work going on across Scotland to help people with learning disabilities find friends and feel included.



These are a few of the things that have happened over the last 2 years. We still have lots to do.



The keys to life is a plan for 10 years.



People with learning disabilities have told us what is still important and what else needs to change.



We can't do everything at once. This plan is for the next 2 years. The plan will last from 2015 until 2017.



The plan will help us to make more of the important things in **The keys to life** happen.

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What people with learning disabilities said was really important to them was written in **The keys to life**. We also listened to people with learning disabilities when writing this plan.



This plan is based on important messages from people with learning disabilities and families. This plan shows us how we will make real change happen.

The Voices of People with Learning Disabilities



A group of people with learning disabilities from across Scotland was set up in 2014. This group has told us what will help make things better for people with learning disabilities.



It is really important that people with learning disabilities and their families are equal partners in making **The keys to life** happen.



People, families and communities will make change happen.

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The Vision



We can't do everything at once. People with learning disabilities have told us what the most important things are.



We want to make sure that people with learning disabilities are included in everything the Scottish Government does.



We have written a big statement for **The keys to life**. It is called a **vision**. A **vision** is what we want to see happen in the future.

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Our vision includes:



People with learning disabilities in Scotland are healthy.



People with learning disabilities in Scotland are supported.



People with learning disabilities in Scotland can take part in anything they want to.



People with learning disabilities in Scotland are successful.



People with learning disabilities in Scotland are valued.



People with learning disabilities live in a fair and equal Scotland.

The Outcomes



To make our vision happen we need clear goals. We have called these **outcomes**. There are 4 outcomes in this plan. All the work we will do in the next 2 years will help us make the **outcomes** happen.



1. A Healthy Life.

Lots of things make us healthy. Eating good food, taking exercise, having a good place to stay and friends and family all help us to be healthy.

This is **outcome** number 1.



2. Choice and control.

Many people with learning disabilities have told us that they don't always get treated well.

They can be hurt. We want to make sure people with learning disabilities are treated with respect. We want to make sure people with learning disabilities are not forgotten or hurt or abused.

We want to make sure people with learning disabilities are not treated in an unkind way.

This is **outcome** number 2.

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3. Independence.

Lots of people with learning disabilities have told us that it is hard to go places and do the same things as other people.

It can be difficult to understand information.
Transport to places can be difficult.

More training is needed to help support people with learning disabilities.

We want to make sure people with learning disabilities can access the things they want to.

This is **outcome** number 3.



4. Active citizenship

Being able to take part in life is really important for everyone.

People with learning disabilities sometimes can't take part.

Getting a job can be hard.

Finding friends isn't always easy.

Moving from one thing to another can be tough, like leaving school and going to college.

We want to make sure people with learning disabilities can take part in everything they want to.

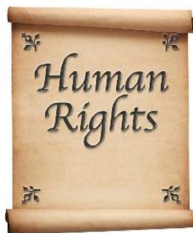
This is **outcome** number 4.

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Making The keys to life happen



Having a big statement or vision and having goals or outcomes will help us all make **The keys to life** happen.



The keys to life said human rights were really important. This plan thinks human rights are really important too.



Lots of the things that need to change are the same for everyone. We want to work with lots of different people in the Scottish Government to make change happen.



Everyone needs to work together to make change happen. Everyone needs to treat people with learning disabilities as individuals and understand that every person is different and every community is different.

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There are lots of different groups and people who will work together to make **The keys to life** and this plan happen.



People like:

- Individuals with learning disabilities
- Families
- Advocacy services
- Scottish Consortium for Learning Disability
- Scottish Learning Disabilities Observatory
- Health Boards
- Local Authorities
- Organisations that support people with learning disabilities



A Healthy Life

What we have done



Given money to set up the Scottish Learning Disabilities Observatory at the University of Glasgow.



Helped people with learning disabilities be healthier through projects looking at:

- Healthy eating
- Physical exercise
- Healthy teeth and gums
- Special treatment for people with serious illnesses



Worked with the Scottish Consortium for Learning Disability to update a report which helps parents with a learning disability.



Gave funding to ENABLE Scotland to develop help for carers.

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What we will do next



Make sure that information about people with learning disabilities is collected.



Support more physical health projects that work well.



Do more work to help parents with a learning disability.

Choice and Control

What we have done



Supported different projects to find out about Hate Crime.



Looked at ways to stop bullying of young people with learning disabilities in schools.

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What we will do next



Do more work to stop Hate Crime.



Make sure information is collected about people with learning disabilities who have suffered Hate Crime.



Do more work to stop bullying.



Work with advocacy partners to make sure the voices of people with learning disabilities are heard.

Independence

What we have done



Supported partners to provide 100 changing places toilets around Scotland.



Supported partners to train health and social care staff to use Talking Mats.



Continued to support the Scottish Consortium for Learning Disability to run training courses.



Worked with partners in Criminal Justice.

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What we will do next



Work with partners in transport to improve accessible transport.



More training for health and social care staff to help them develop their skills.



Support access to music, drama, dance and art for people with learning disabilities.



Give support to plans for people with complex needs who live far away.



Work to support the personal outcomes of people with learning disabilities.

Active Citizenship

What we have done



Helped people with learning disabilities to get and keep a job.



Supported friendship projects that helped people with learning disabilities meet new people.



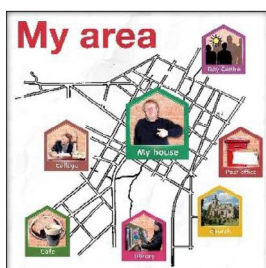
Worked with partners to write a report on transitions for people with learning disabilities.

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What we will do next



Help to find more jobs for people with learning disabilities.



Support new ideas to help people with learning disabilities connect with people in their community.



Look at the strengths of individuals with learning disabilities. We will look to see what makes people strong and what works for them.



This includes Local Area Co-ordination and day opportunities.

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