Get Involved Pack

Scottish Learning Disability Week 2024

Monday 6 – Friday 10 May

Digital Inclusion

#ScotLDWeek24 | #MyRight2Digital

Contents

What is Scottish Learning Disability Week?

Scottish Learning Disability Week celebrates the rich contribution that people with learning disabilities make to society, as well as working to ensure people receive full and fair access to all their rights.

The week matters because it is estimated that there are over 125,000 people with learning disabilities living in Scotland. Raising awareness of learning disability provides an opportunity to change attitudes, making Scotland a better, fairer and more equal place for everyone.

The theme for Learning Disability Week 2024 is Digital Inclusion

What is 'digital?'

'Digital' means things that happen online on the internet. Digital can also mean technology we use, such as smart phones, tablets, smart speakers and computers.

Digital 'platforms' are websites that we use to communicate online, like social media sites such as Facebook or video calling platforms like Zoom. They can also be applications or 'apps' that we download and use on our smartphones.

There are a lot of things that we mean we when talk about 'digital' and this can be confusing! Today we live in a digital world which is moving very fast, but there are lots of exciting opportunities that the digital world and digital technology can bring. For example, digital platforms such as Zoom helped us to communicate during the Covid-19 pandemic.

Why does digital matter?

Digital matters because over the past 20 years there has been a huge increase in the use of digital technology across all aspects of life. Smartphones and digital platforms have opened our world up. Digital helps people to connect. It can also help improve the world that we live in. For example, it can help us to keep people safe, by enabling us to monitor people's health or to communicate quickly in an emergency.

However, the digital world can also be a risky place – just like the real world! It raises issues about security and privacy. It is important that we have the knowledge and tools to stay safe and have fun online.

Why does digital matter to people with learning disabilities?

Digital matters to people with learning disabilities because it matters to everyone! The Covid-19 pandemic has taught us that people with learning disabilities can benefit from digital technology in lots of ways, in particular staying connected with friends and family, and accessing information and entertainment.

It is important that people with learning disabilities are supported and encouraged to try out digital spaces and tools and understand the opportunities and risks they bring, so they can make an informed choice about whether to engage in this digital world!

This Scottish Learning Disability Week we want to get people with learning disabilities, supporters and organisations talking about all things digital and tell us what digital means to them.

stay connected ● access information ● learn new skills

Take part in this year's Scottish Learning Disability Week
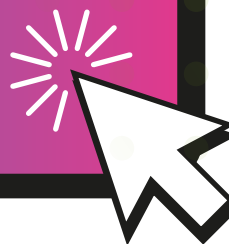
Why not organise an event? You could hold an in-person or online 'Conversation cafe' about all things digital

Tell us what digital means to you – take a photo of yourself holding the activity sheets and share it on social media – remember to tag SCLD (social media details below)

Take part in the online workshops and events hosted by SCLD and partners during Scottish Learning Disability Week. Post and share on social media during the Week – remember to use the hashtag #ScotLDWeek24 and #MyRight2Digital and tag SCLD!

Download our Scottish Learning Disability Week branding, such as profile stickers and handy posts to share on social media

Get involved!

To find out how to get involved, visit SCLD's website and follow us on social media:

Website: www.scld.org.uk

Facebook: @ScotCommission

Vimeo: vimeo.com/scldnews

X (Twitter): @SCLDNews

Instagram: @scldnews
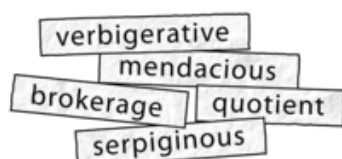
Scottish Learning Disability Week 2024

Monday 6th May to Friday 10th May 2024

The theme this year is **Digital Inclusion**.

Digital Inclusion is when everyone can get **online** safely and access digital **technology.**

Digital means electronic technology.

Online means using the internet.

Technology means electronic equipment.

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Some of the digital technology people use includes:

Smartphones

Tablets

Laptops

Smart home devices

Gaming consoles

Online digital technology can mean things like using:

Zoom

Facebook

X

This used to be called Twitter.

WhatsApp

Instagram

Why does digital matter?

Digital matters because we all use digital much more in all areas of our lives.

People with learning disabilities started using technology a lot more during the Covid-19 pandemic.

Digital technology can help people communicate with family and friends.

Digital technology can help us find information.

Digital technology can be used to watch films.

Digital technology can help people keep healthy.

Digital technology can help people to communicate in an emergency.

Digital technology can support people to feel safer to live independently.

It is important that people stay safe online.

Digital exclusion

Lots of people with learning disabilities are **digitally excluded**.

Digitally excluded is when people cannot access digital technology.

If digital technology does not work for people with learning disabilities digital exclusion will get worse.

Digital technology can make the lives of people with learning disabilities better if they have support and access to it.

Get involved

During Scottish Learning Disability Week, we want to get people with learning disabilities, their supporters and organisations talking about all things digital.

Tell us what digital means to you.

Talk about how you use digital technology in your life.

What makes it easier to access digital technology?

What are the challenges and barriers of accessing digital technology?

How do you keep safe online?

You can organise an event like a Conversation cafe to talk about digital.

You can use the activity sheets in the Get Involved Pack to start the conversations about Digital.

You can take part in the online workshops using the internet during Scottish Learning Disability Week.

Learn, ask questions, and have fun.

Where can I find more information?

You can find more information on the SCLD website:

www.scld.org.uk/learning-disability-week

You can use SCLD's social media channels.

Facebook

@ScotCommission

X (Twitter)

@SCLDNews

Instagram

@scldnews

vimeo.com@scldnews

This is where you can find videos about Scottish Learning Disability Week.

You can email SCLD with any questions.
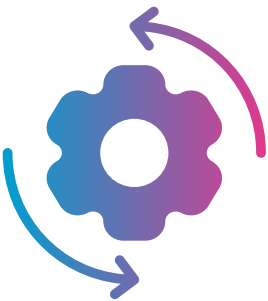
admin@scld.co.uk

You can phone SCLD.

0141 248 3733

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Top 5 tips for staying safe online

1. Choose strong passwords

Make sure your passwords have letters and numbers and special characters like Spoon#BirdCake72*

2. Allow updates

Update your phone or laptop regularly to protect it from viruses.

3. Save to the cloud

Save your photos and files to a cloud like iCloud or Gdrive so you do not lose them.

4. Check email addresses

Do not give your home address or bank details to an email address you are not sure about.

5. If it is too good to be true.....

If you think something is too good to be true, it probably is!

If something online does not feel right, do not do it.

Conversation Cafe

Why not host a coffee morning, a lunch, a meeting or a get-together to talk about all things digital?

- If you are a someone with a learning disability you could organise an event – you can ask someone to support you to do this.
- If you are a learning disability organisation you could support people with learning disabilities to organise an event.
- If you are a business or employer, you can help us to promote digital inclusion by hosting an event and including people with learning disabilities.

Start the conversation

To help you to plan your Conversation cafe, we have provided you with a question: **'How do you use digital in your daily life?'**

We want as many people with learning disabilities as possible to think about how you use digital in your daily life.

We want to know what you think about using digital – does it solve problems, or can it make things difficult? Or perhaps it does both!

To get the conversation started, we have provided some 'conversation cue cards'.

Conversation cue cards

Do you use digital when shopping?

How do you keep safe online?

How do you use the internet?

Do you use any websites or apps to help you manage your health?

Do you use social media?

If you do not use the internet or have access to it, why is this?

Conversation cue cards

How do you keep safe online?

- How do you stay safe online?
- Do you use strong passwords?
- Do you update your phone or laptop to protect it from viruses?
- Do you check the email address of any email you are not sure about?
- If you lost your phone or laptop, have you saved your information to the cloud?

Do you use digital when shopping?

- Do you ever use self-scan checkout?
- Do you use contactless payment methods?
- Have you ever done your food shopping online?
- Have you ever faced barriers to using digital technology in your local supermarket?
- What are the benefits to using digital when shopping?

Do you use any websites or apps to help you manage your health?

- For example, you might use an app to help you monitor how many steps you take in a day.
- Do you find these useful?
- What did you use before you used a website or app?

How do you use the internet?

- Do you shop online?
- Do you play games online?
- Do you use email or social media messaging to talk to friends, family or people you know?
- Do you know how to stay safe online?

If you do not use the internet, or you do not have access to the internet, why is this?

- Do you want to use the internet or have internet access?
- What are the barriers you face to getting online?

Do you use social media?

- Which social media platforms (websites) do you like?
- Why?
- What would you like to change about social media?

Lindsay Kinloch

My own digital journey started back at school. I started to think about computing being a key skill in many jobs. Work experiences had been teaching me about how important this was. I wanted to prove to my teachers I could. I went on to excel in this. Literally!

One to one learning proves that people with learning disabilities can become better than people without learning disabilities when it comes to digital. It's all about the right support.

I used these skills to get a job with SCLD. I even helped other staff members with their spreadsheets.

I did some work with Lead Scotland as a Sessional Trainer. I loved my time with the team as a Cyber Security and Equal Access to Online resources sessional trainer.

We know that people with Learning Disabilities have poorer literacy skills and are most likely to be at risk when it comes to Cyber Security because of the way the internet is – it can be a scary place for some people!

Lead Scotland explains things in an accessible way that can help you to understand or to know what the risks are, and how people can protect themselves online. Being online needs to be accessible for everyone!

From my time at Lead Scotland, if I had to give one piece of advice for people, I would say the most important thing to do is to stay safe and to make sure your device is up to date!'

Being digitally included can literally save your life. Covid really showed us this. A lot of people with a learning disability are still digitally excluded. We need to make sure people can shop online, bank online and keep in touch with each other.

Through Covid I felt very privileged because I was already online, so I was able to keep in touch with my friends and family.

There are so many small things about tech that can make life easier – like Google Maps, or the accessibility features that most devices have. But we need to make sure people know how to use them.

With the world changing it is important that along with people with learning disabilities, their carers and supporters really need to be trained on how to support people to get online, and stay connected!

Jack McBride

Digital Case Study

Jack McBride was a young man who loved technology and gaming. With the aid of Jack's dad John's creativity, Jack was able to play computer games even though many people would have dismissed his ability to do so.

Jack did not communicate with standard speech and due to his physical disabilities, couldn't always do everything he wanted to do even though he was bright. If you didn't know Jack, you might think he wouldn't be able to engage with technology, but that's completely wrong.

Jack's parents, John and Annmarie, looked at various ways to help Jack – he was good with eye gaze, but specialist technology is expensive. So, when John came across adaptive controllers for the PlayStation and
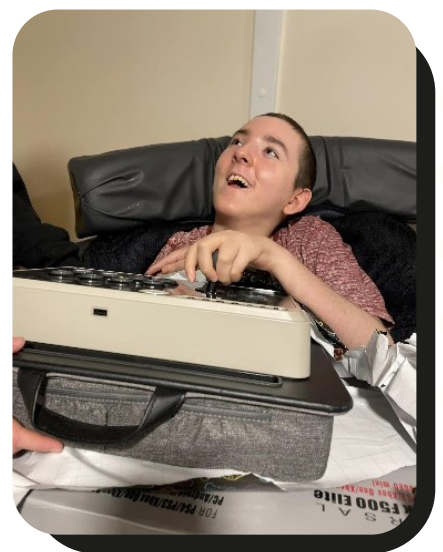
XBox, he wondered if it were something Jack could use as Jack could use his left hand if he wanted something.

It took a while to figure it out but once everything was set up Jack absolutely loved it, especially being co-pilot while his dad played Grand Theft Auto!

Over time, Jack got an iPad with a talking program. His favourite phrases included 'I've lost my mum, this is what she looks like' or 'I need help'. Jack also loved changing channels on the TV. His parents bought a big remote for people with visual impairments and Jack would spend hours flicking through the channels, YouTube and Netflix.

Jack always had a big smile on his face, full of excitement, when using this technology because he absolutely loved that he was doing things himself! The cause and effect was key - he loved knowing he had control to make things happen. He loved to be able to interact. It allowed Jack to feel part of the family.

Sometimes in the community or respite settings some staff don't think they can use technology. If someone doesn't use technology themselves then they can have the wrong idea about whether or not people they support can use it, and so they don't support them to do so.

With the money raised from Jack's funeral, Annmarie and John hope to buy an adaptive controller for Rachel House. John is passionate that the children get as much enjoyment from technology as Jack did.

To read the full interview with Jack's parents, John and Annmarie McBride, please visit the SCLD website.

Danny, SOL Connect

Danny is a young man with complex support needs. He has recently moved to Glasgow and is keen to meet new people and settle into his new life in the city. Danny prefers to live independently with support in the community.

This is where the SOL Connect service came in to support Danny to live the life he wants. SOL Connect provides unique around the clock care and support to people living in their own homes using bespoke Technology Enabled Care solutions.

Danny, the team from SOL Connect and social work all worked together to meet what Danny wants for a good life. Danny wants to receive support at the point when he needs it and on his terms. Danny did not wish to have a member of staff in his home as he finds that difficult most of the time. He wants to be independent in all aspects of daily living and wants to be safe in his home. Danny has been the driving force behind his Technology Enabled Care journey.

The tech team from SOL Connect visited Danny's home to do a demonstration of the equipment and the support. Danny and his team meet online on Teams to talk about how to support Danny with Remote Support Technology Enabled Care. This helped make sure the correct technology equipment was identified and a trial period was agreed. Protocols were developed.

Danny uses Hub technology for social interaction, keeping him safe and connected to 24-hour remote support whilst being independent and enjoying time on his own. Hub technology uses iPads and touch screens. This technology can be adapted if accessing touch screens is difficult.

Danny's Feedback

Danny said that he loves having the Hub in his house and he feels it motivates him to get up in the morning. He feels his mental health has improved due to having the Hub and getting into a routine. He enjoys the close-knit team that are involved with SOL Connect and that they are not 'strangers.' His Global Positioning System (GPS) is allowing him a newfound freedom, he is getting out and about in Glasgow on public transport and it's a 'lifeline!'

Activity Sheet 1

Why does digital matter to me?

You can write, draw, paint or make a collage and tell everyone 'Why does digital matter to me?'

Write or draw to show us your ideas

Activity Sheet 2

How do you use digital in your life?

This could be phones, communication aids, multisensory room, art or to support your health.

Write or draw to show us your ideas

Activity Sheet 3

What worries you about going online?

What do you do to keep safe when you are online?

Write or draw to show us your ideas

Share what you are doing

Why not show us your work in a short video or a write a post on social media and tag SCLD?

Use #MyRight2Digital and #ScotLDWeek24

Our right to be techy!

Why not read 'Our right to be techy' report

Read the
full report

Or download an Easy
Read executive summary

Further Information

SCLD will add further information and resources to our website including:

- Scottish Learning Disability Week Branding for Social Media

- An Easy Read Glossary of hard words

- Keeping Safe Online

- Online Events Programme

- Useful Contacts

- And other information

www.scld.org.uk/learning-disability-week

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