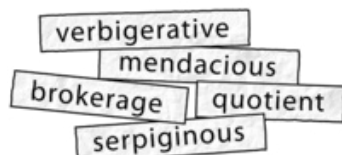**Scottish Learning Disability Week 2024**

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.

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.

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