



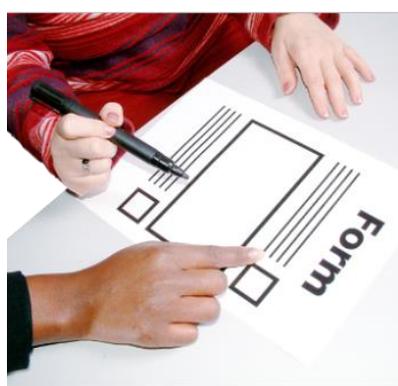
Exploring the wellbeing of people with learning disabilities in Scotland

The second report from the How's Life? survey





In 2019, SCLD and partner organisations made the 'How's life?' survey. The survey asked people with learning disabilities how they felt about different aspects of their lives.



The survey was created for people with learning disabilities. The survey was completed with or without support from a family member, advocate, or paid supporter.

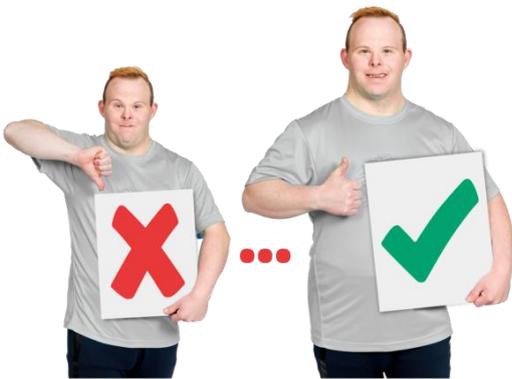
1232 responses were received.



This is a summary of what the Survey found. It is about wellbeing. Wellbeing means feeling comfortable, healthy or happy.



We are interested in wellbeing because it is important to improve how people with a learning disability feel. It is also part of The Keys to Life strategy.



The How's Life? Survey helped identify what we need to improve in Scotland to help people with learning disabilities have better wellbeing.

KEY FINDINGS

Most people with learning disabilities who finished the survey said they were happy with their lives.



People scored their happiness between 0 and 10.

Not
at all
happy

Very
Happy

0 meant not happy and 10 very happy.

0 1 2 3 4 5 6 7 8 9 10



The average score was 8.13 out of 10 for being happy with their life.

The general population scored 7.69 out of 10.



People with learning disabilities were more likely to score 0 to 4 out of 10 than the general population.



People with additional health conditions or disabilities were more likely to say that life was more difficult. It was the same for younger people.

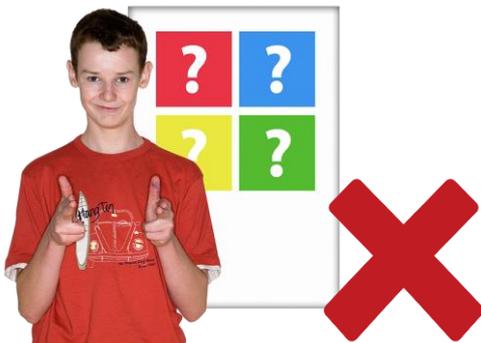


Many things can affect how happy someone is: relationships, making your own choices, money and being treated with dignity and respect.

Here are some examples of what made life satisfaction lower for people with learning disabilities:



Feeling lonely or not seeing friends as much as people wanted to.



Not having a choice or the support to make a choice on what to do in their free time.



Not having enough money.



Not being happy with their home or where they live.



Not being treated with respect.

NEXT STEPS

The Scottish Government needs to put the wellbeing of people with learning disabilities at the centre of their plans. It is important that the economy supports everybody and improves everyone's life. No one should be forgotten.

This is what the SCLD thinks should happen:



Include United Nations Convention for the Rights of People with Learning Disabilities into Scottish law to make sure policy has an effect on people's lived experience.



The Scottish Government should respect, protect, and meet the human rights of people with learning disabilities.



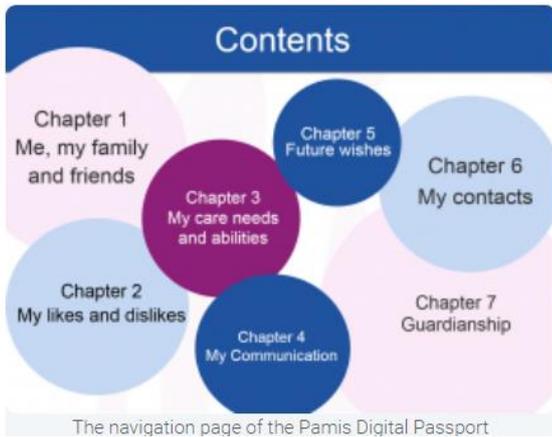
Collect lots of information about the experiences of people with learning disabilities. This should happen at the GP and where health information is collected.



The Scottish Government should work to reduce health differences.



This can be done by offering people free health checks every year. Health care professionals need to be trained about learning disabilities.



The SCLD recommends introducing digital health passports so professionals can access your health information quickly.



Social care should focus on having appropriate support for people with learning disabilities so they can have all the information to make choices.



Eligibility criteria should be changed so everyone can have the support they need to make choices. Local authorities should make sure people with learning disabilities have the advocacy support they need.



People with learning disabilities should be supported to have different types of relationships and be educated about relationships, sexual health and parenting.



People with learning disabilities should have access to appropriate housing.



Their needs should be considered when planning policies that decide where someone will live. Advice services should look at all housing options.



Social security should make sure people with learning disabilities have enough money and resources. The eligibility criteria for Adult Disability Payment should correctly reflect the day to day life for people with learning disabilities.



There should be more visibility on people with learning disabilities and they need to be represented in all aspects of society.



This Easy Read report was produced by People First (Scotland) and the Scottish Commission for People with Learning Disabilities.

