

# Active, Connected, Included

## Your right to being included in community life



# What is this guide about?



We have written a guide to help to make sure that people with learning disabilities can be part of their community.



There are four parts to the guide.



This part tells you about your rights to take part in things in your community.

# You have the right to be part of your community



Everybody has the right to take part in things.



People with disabilities have rights to help them to be able to take part in the same things as other people.



You have the right to take part in everything that is available in your community.



These are the same rights as everyone else has.



Changes might need to be made so that you are able to join in.



The law calls these changes **reasonable adjustments**.



**Reasonable adjustments** means that the group need to think about what changes they can make to help you.



The change needs to be something that is possible for the group.



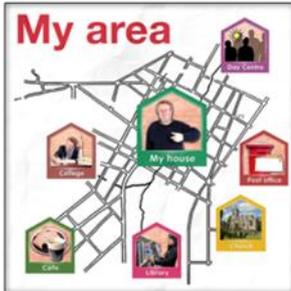
The change needs to be something the group can afford to do.



The change needs to be fair to other people in the group.



If you need support to be involved in your community you have the right to get it.



Remember the community you live in is your community too.



You have the right to take part and enjoy what is on offer in your community.

## What you can do to get more involved in your community



If you want to know what is happening in your community ask someone.



If you need some help to join in ask someone.



You can find out information in lots of places.

Here is a list of places and people you can ask for information.



Your family

Your friends

Your support workers

The local newspaper

The internet, for example the website called

ALISS [www.aliss.org](http://www.aliss.org)

The local library

Community notice boards



You can also tell people about our guide so they can learn how to help you.

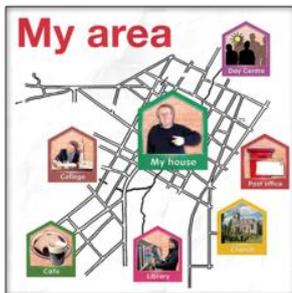
# What are the other parts of the guide about?



One part explains the thinking and ideas behind what we have done.



One part of the guide is for the people who support you.



The other part of the guide is for people who organise activities and groups in the community.



The Scottish Commission for Learning Disability  
Suite 5.2  
Stock Exchange Court  
77 Nelson Mandela Place  
Glasgow  
G2 1QY



Phone 0141 248 3733



Email [admin@sclد.co.uk](mailto:admin@sclد.co.uk)



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