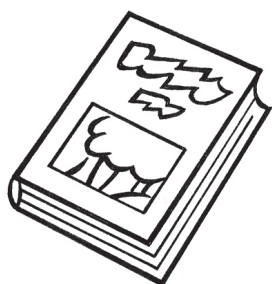


# Plain facts

## What do we need to find out?



Research is finding things out. We have been finding out what research will be most useful for people with learning difficulties.



Val Williams, Anna Marriott and Ruth Townsley worked on the project.



We talked with people with learning difficulties and their family members, researchers and professionals working with people with learning difficulties.



We wanted to see what research had been done, and what the gaps were. We read lots of research reports.

## **What were the key areas?**



We asked people with learning difficulties about how their lives could be better. They told us lots of different areas of their lives need to be better.

## **Access to health care**



When people with learning difficulties get ill, people do not always take them seriously.



We need to find out more about how everyone can get good health care.



## Getting good support

People with learning difficulties said they wanted to choose their own staff.

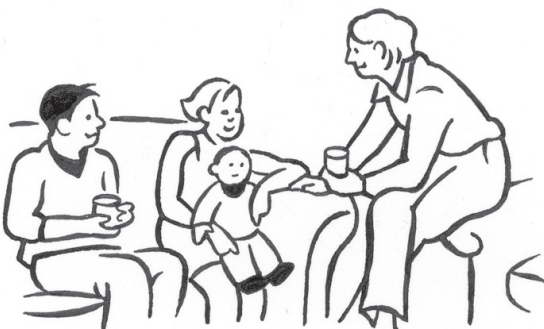


Research could help us find out how staff can support each person in the way they want.



## The right to relationships

People want to have good friends. It can be hard to make friends.



People with learning difficulties who want to have children need good support.

# Housing



People want to choose where they live. People want to choose who they live with.



We need to find out more about how people can choose their housing.



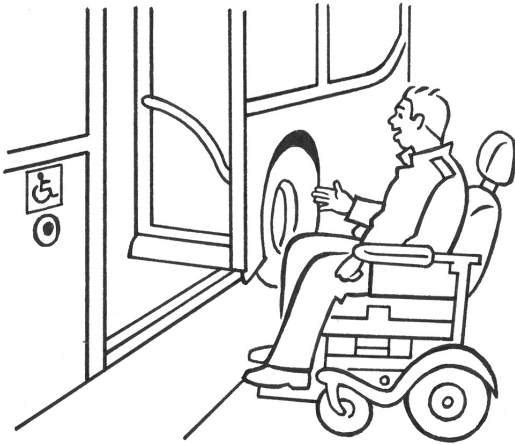
# Work and money

People with learning difficulties want to be able to get better jobs. We need to find ways to work with employers.

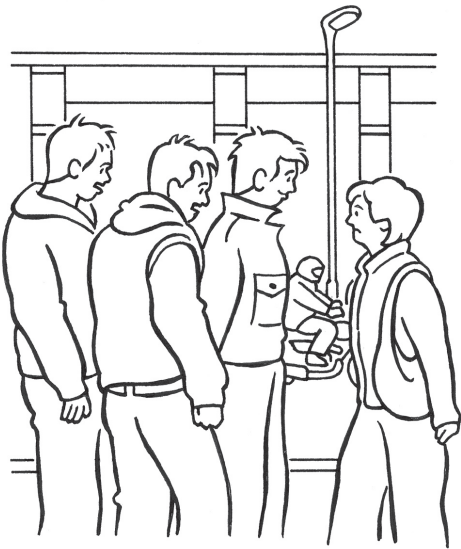


It can be very difficult to manage your money. We need to find out what support people need and how banks and advice centres can help.

## Being included in the community



It is very important to be able to go out. But people had lots of problems with transport, getting into places and with bullying.



We need to find out why these things happen and how to change things.

## Big questions



Researchers need to think about some groups of people that may get left out, like people who have high support needs and who may not be able to speak.

Researchers need to find ways to include them.





Some people may have different ways of living. We need to understand about their different needs.



As people get older, they may have different needs. We should think about the needs of older adults when we are doing research.



Research should lead to action. People with learning difficulties want research to make a difference in their lives. People with learning difficulties should be involved in research that is about their lives.

# Things to do

You can look at the other Plain Facts about research.

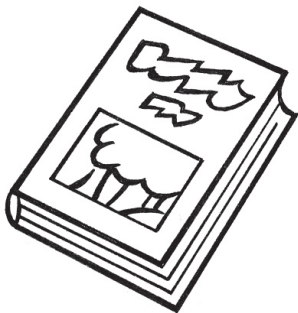


You can look at **Plain Facts 42 – Our lives, our research.**

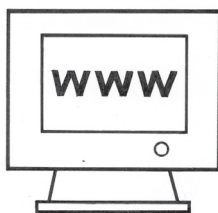
You can look at **Plain Facts 43 – Giving people with learning difficulties power through research.**



Join in! Your local People First group could do research.



You could read “**Let me in – I’m a researcher!**” This is a report about how to involve people with learning difficulties in research. You can get it online at:



**[www.library.nhs.uk/learningdisabilities](http://www.library.nhs.uk/learningdisabilities)**

You need to type ‘let me in’ in the search box.

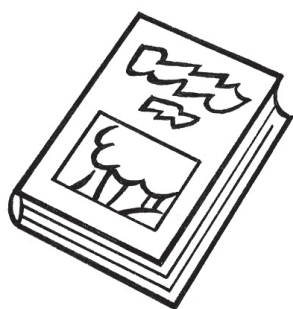
# About the project



We held 4 workshops in different places across the country. We talked to 46 people with learning difficulties. We also talked to family members, supporters and other people who work with them. They gave us lots of ideas about what could be better in their lives.



We looked at what research had already been done. We talked to people about what research is needed next. There are still lots of things to find out about making people's lives better.

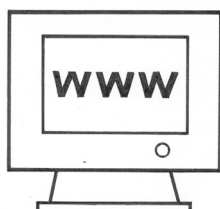


We wrote a big report about all these things.

If you would like to find out more about the project you can contact the researchers Val Williams or Anna Marriott. Their email addresses are:



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**[anna.marriott@bristol.ac.uk](mailto:anna.marriott@bristol.ac.uk)**



You can read more about this research project. There is more easy information about this project on our website –  
**[www.bristol.ac.uk/norahfry](http://www.bristol.ac.uk/norahfry)**

**[www.plain-facts.co.uk](http://www.plain-facts.co.uk)**



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