

Invisible no more

A report by the Fraser of Allander Institute

Easy read version



October 2021

Who are the Fraser of Allander Institute?



We are a group of researchers who want to know more about life for people with learning disabilities in Scotland.



We wrote this report.

What is this report about?



We have been doing research into the lives of people with learning disabilities in Scotland.



In this report we look back at everything we have seen.



We use our research to come up with ideas for the government.



We think these ideas will help the government make better choices when they help people with learning disabilities.

What do we know about people with learning disabilities?



There is not enough information about people with learning disabilities in Scotland.



This makes it harder for the government to help people with learning disabilities.



We think the government should get more information about the lives of people with learning disabilities.

What help do people with learning disabilities get?



The government should make sure everyone with a learning disability gets the help they need to live a good life.



They should ask people with learning disabilities and their families about the help they get.



They could ask what people like and don't like about the help they get.



They could use this to make better choices when they help people with learning disabilities.

Who are unpaid carers?



Unpaid carers help people with learning disabilities to live a good quality of life.



They are often a friend or family member of the person they help.



There are lots of things that unpaid carers can do.



They might help someone with a learning disability to wash dress or eat.



They might help around the house.



They might help with the shopping.



They might help with transport or taking care of money.



What can be done to help unpaid carers?



The government should think about **unpaid carers** when they help people with learning disabilities.



This will help the families of people with learning disabilities.



Unpaid carers should have more choice over what they can do.

People with learning disabilities at work



Lots of people with learning disabilities can make a big difference at work.



They might need help to do this.



And they do not always have the chance to work.



The government should make sure there is good help for everyone with a learning disability who wants to work.



They should keep track of how many people with learning disabilities have the chance to work.



This means they could give better help to those who need it.

Transitions to adulthood



When young people with a learning disability leave school it can be hard to know what to do.



People can get help when they choose what to do after school.



But not everyone gets the right help at the right time.

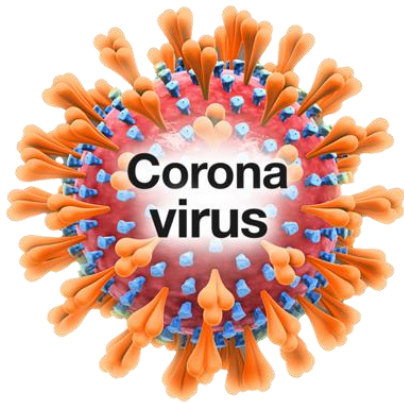


The government should plan how to improve transitions for young people.



They should keep track of how young people with learning disabilities get on.

The Covid-19 pandemic



The government will look back at the Covid-19 pandemic.



They will try to learn lessons for the future.



They should listen to people with learning disabilities when they do this.

Our website



You can read more information on our website.

Our website is

www.fraserofallander.org/research/adults-with-learning-disabilities-in-scotland



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