

# Discussion Prompts



## Finding information

*Discuss how you find out about activities and support in your local area.*

### **Types of support and activities**

Local authority support services

Social workers

Personal assistants (PAs)

Benefits and personal finance support

Learning disability groups and networks

Leisure and social activities

College and training opportunities

Working and volunteering

Public and private transport services

## **How to find support and activities**

'Word of mouth' – through friends, family and support workers

Social workers

Referrals

Searching online (for example, using Google)

Websites and social media

Local libraries

Learning disability and advocacy groups

Job centres and volunteer centres

Community centres

Citizens Advice and other specialist advice services