

# Introduction to...

## Finding Support

Find out about day opportunity providers and disability groups in your area by looking online and arranging visits or trial days.

Social workers and disability organisations can provide referrals to groups, organisations and services in your area.

Being a member of a learning disability group can provide access to a wide range of social, recreational and learning activities in safe community settings.

Friendship and dating groups and networks provide support for social events to help make friends and build relationships.

'Life skills' courses provide training and support to live more independently and gain confidence to engage in your local community.

Family members can play an important role in helping you to plan and find additional support.

Advocacy groups often provide opportunities for peer support – people with learning disabilities sharing their experiences, solving problems and building long-lasting friendships.