

Balancing family, peer and staff support



What did we find?

Family support can be crucial if available but may also be experienced as holding people back

Accessing more varied and peer-based support earlier in life builds capacity to live more independently and engage in the community

Participation in self-advocacy and friendship groups enables access to information, resources and shared experiences

Peer-support needs to be facilitated by paid staff in order to start and sustain it

What learning is involved?

People with learning disabilities learn experientially and communally with their families, allies and support organisations



It's those people who have been more protected and supported by their families for a long time, and their parents are now at a stage and an age where they're either not there anymore or they are unable to, and those are the people who are at most risk.

Mary, advocacy organisation

What more can be done?

Organisations could:

- facilitate more opportunities for peer-support amongst members such as a mentor scheme and peer-advocacy group

Local authorities could:

- build resilience through promoting mutual co-produced support networks of families, peer-groups and professionals

