



Planning and finding support

	<p>Build your person-centred plan by getting together with family or carers and friends to work with service providers and social workers.</p>
	<p>Working with your supporters will help you to be confident and learn new skills to self-build your support networks and be more independent.</p>
	<p>It is good to join a self-advocacy speaking up group where people make friends, support each other and talk about what is important to them.</p>
	<p>Ask your supporters and members of a self-advocacy speaking up group about where to find out how to start up friendship groups and do other activities.</p>
	<p>Think about planning for the future as parents or family carers get older and you need to be more independent.</p>



Finding out information

	<p>Ask your supporters to help you find out about interesting things to do and how to get all your benefits.</p>
	<p>Using mobile phones and computers to look for information on websites can help you get good computer skills.</p>
	<p>Look at notice boards in libraries and community centres, and sign up for day service newsletters.</p>
	<p>Citizens Advice can give you advice and information.</p>
	<p>It is good to join a self-advocacy speaking up group where people can share information with each other.</p>



Getting your voice heard



It is good to join a self-advocacy speaking up group to share what you have done and what you know about.



This will help you to be confident to make decisions about your life.



Self-advocacy speaking up groups can work together to tell people about learning disabilities and campaign for disability rights.



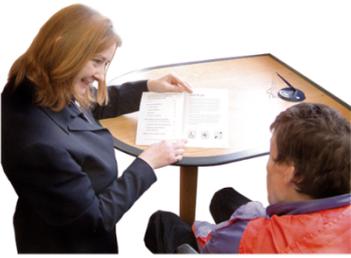
You can share what you know to support other people with learning disabilities. This is called mentoring.



You can help to campaign for more Learning Disability Partnership Boards. They meet to plan what needs to happen to make the lives of people with learning disabilities better.



Managing benefits and money

	<p>It is good to find out as much as you can about money and benefits so that you can manage your own money.</p>
	<p>Citizens Advice can help with information about money and benefits.</p>
	<p>Self-advocacy speaking up group members can share information about how to manage money.</p>
	<p>You can use the skills you learn about managing money if you are able to work or volunteer.</p>
	<p>It would be good if people could get more training about looking after money. You could talk to your supporters and self-advocacy speaking up groups about this.</p>



Running a home

	<p>If you would like to live in your own home it is helpful to have life skills training like cooking, cleaning and shopping. You learn these at home and college.</p>
	<p>It is helpful to carry on having support from family and your supporters when you have moved into your home.</p>
 <p>College</p>	<p>It is always a good idea to have more life skills training so you can keep safe.</p>
	<p>You can get together with a self-advocacy speaking up group to talk about starting up community support schemes.</p>
	<p>Local councils and housing associations can help people to rent a home.</p>



Getting around



Get out and about with your family and supporters to become confident about travelling on your own.

Bus Timetable



Village Centre	07.00	10.00	13.00
Railway Station	07.10	10.10	13.10
Sports Centre	07.30	10.30	13.30
Towncentre	07.45	10.45	13.45

It is important to learn how to plan routes and understand timetables.



Transport staff need to have training in disability awareness. You and your group of supporters can find out if this is being done.



You need to be safe so tell bus drivers if people are bullying or being rude.



You can get together with a self-advocacy speaking up group to campaign about stopping cuts to bus services.



Keeping and feeling safe in the community



It is important to know about keeping safe so you can go out on your own and with friends.



It is good to know where safe places are. Some shops, cafes and pubs have signs to say they are safe places.



You can get together with a self-advocacy speaking up group and your supporters to ask about keeping safe training.



You and your friends can support each other to keep safe at night by staying together.



Ask your supporters to help you to keep safe when you use computers or mobile phones.

Finding meaningful things to do



Spending time with family and friends

A person in a wheelchair is boarding a red double-decker bus. The bus has a ramp extended to the ground, and the person is using it to get on.	<p>Being confident about travelling on your own helps you to get out and meet family and friends.</p>
A group of four people, including one in a wheelchair, are standing together. Large speech bubbles are drawn around them, symbolizing communication and self-advocacy.	<p>Self-advocacy speaking up groups can help you to arrange your own events and outings with friends.</p>
A woman and a man are shown from the chest up, both holding mobile phones to their ears and appearing to be in conversation.	<p>Your family and supporters can help you to get in touch with your friends by phone and online.</p>
Two people are playing soccer. One person is standing and kicking the ball, while the other is sitting in a wheelchair, watching the play.	<p>You can meet non-disabled friends at college, church groups, sports clubs and volunteering.</p>
A group of five people, including two in wheelchairs, are standing in front of a whiteboard. They are all raising their hands, suggesting an active participation in a group or meeting.	<p>Self-advocacy speaking up groups can talk to councils and campaign for more friendship groups.</p>



Getting involved in disability groups

	<p>Joining a self-advocacy speaking up group can help you to be confident and learn lots of new skills.</p>
	<p>Groups can work together to tell people about learning disabilities.</p>
	<p>Group members can join management boards like Learning Disabilities Partnership Boards and steering groups.</p>
	<p>You can share what you know with your friends and people you know, and they can share what they know with you.</p>
	<p>Your family, supporters and self-advocacy speaking up group can help you to campaign for more groups.</p>

Finding meaningful things to do



Doing leisure activities

A woman in a black dress stands in the center, surrounded by a circular diagram of icons representing family, supporters, and a self-advocacy group.	<p>Your family, supporters and self-advocacy speaking up group can help you to find out about things to do.</p>
A young woman in a black top and pink skirt and a young man in a red shirt are holding tennis rackets.	<p>Find out about activity groups you can choose to join like arts and crafts, sports and drama.</p>
A young woman in a dark jacket is bowling, with a bowling ball and pins visible.	<p>Find out about going out to pubs, discos, the cinema and bowling.</p>
A television set is shown next to a close-up of hands knitting.	<p>It's good to be able to relax at home doing things like watching TV, going on the computer, cooking or doing crafts.</p>
A group of four people, including two in wheelchairs, are standing together and smiling.	<p>Self-advocacy speaking up groups can campaign for more activities that people can afford, especially at weekends.</p>

Finding meaningful things to do



Volunteering and working

	<p>Your family, supporters and self-advocacy speaking up groups can help you find out about training, work experience and getting a paid job.</p>
	<p>Volunteering and work experience can help you to get the skills needed for a paid job. It is important to try to do the type of work you enjoy.</p>
	<p>There are work training courses at colleges that can help with special job skills and give you confidence.</p>
	<p>Being a volunteer and working can make you feel good and help you to be independent.</p>
	<p>Your family and friends can support you to volunteer or work and get the job you really want to do.</p>