

# Herefordshire learning disability strategy 2018–2028



## An easy read guide



This strategy is a 10 year plan to improve the lives of people with learning disabilities in Herefordshire.

Herefordshire's Learning Disability Partnership Board represents people with learning disabilities and it has helped put this plan together.

The people on this Board are from groups that you probably know:



ECHO

Aspire



Affinity Trust



Mencap

plus health, colleges and lots of other local organisations



The plan has been written because we believe people with learning disabilities have many skills and lots to offer.



We want you to have a good life and be part of the local community you live in.



The council and the health service both support this plan.



You will have the chance to guide the plan by telling us what you think and what is important to you.



The plan has 4 main subjects that we will work on.

Choice and Control  
Being Healthy and Safe  
What I during the Day  
Where I Live



## Choice and control

People must have choice and control and make decisions about how to live their lives. They also need to know how to get actively involved in their community.

We want you to



- know where to find information



- feel confident about making changes and taking risks



- have help to share your views with decision makers



- be consulted on things that matter to you

- be confident about money



## Being healthy and safe

People need to be healthy, safe and able to access the right medical help at the right time in the right way.



We want you to

have good local community healthcare that keeps you well and meets your needs



- live longer and keep healthy



- have a health action plan and a hospital passport, if you wish

- have health services - like your doctor - that work well for you and understand your needs



- get extra help when you need it (such as diagnosis for dementia)



## What I do during the day

People need to have a choice of options which may include paid employment, training, volunteering and social activities. They also need the right support to make this happen.

We want you to



- make choices about how you spend your time



- make and keep new friends



- feel safe and not lonely

- have more opportunities to work



- have the right support in the workplace

- feel valued



## Where I live

People need good and affordable housing to choose from that can meet their needs.

We want you to



- be able to have your own front door, if you want



- be able to choose and plan where you live and who you live with

- understand what types of housing you can choose from to meet your needs



- have the right support when you need it

- be able to live at home instead of hospital



- be helped to live as independently as possible



There will be an action plan for each of these subjects every year.

The Learning Disability Partnership Board will meet every 3 months to discuss these action plans:



March

Choice and control



June

Being healthy and safe



September

What I do during the day



December

Where I live



After each of these meetings, an easy read report will be written. It will say what people with learning disabilities have said and what action is going to be taken. The Learning Disability Partnership Board will make sure this action happens.



We call this - “Everything about us, but not without us”

We would like you to get involved and help make changes by telling us your views.

[learningdisability@herefordshire.gov.uk](mailto:learningdisability@herefordshire.gov.uk)