

Not being able to speak doesn't mean not having anything to say



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Carlisle People First

- Began in 1990
- Works across Cumbria
- Self-advocacy for and by people with learning difficulties



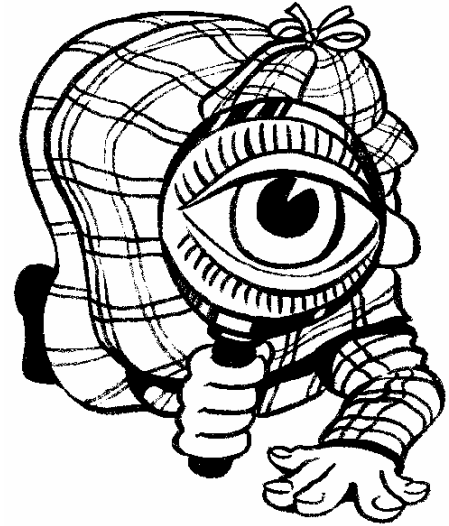
Different Groups

- Self-advocacy groups
- Women's group
- Research Group
- Training
- Consultancy
- One to one advocacy

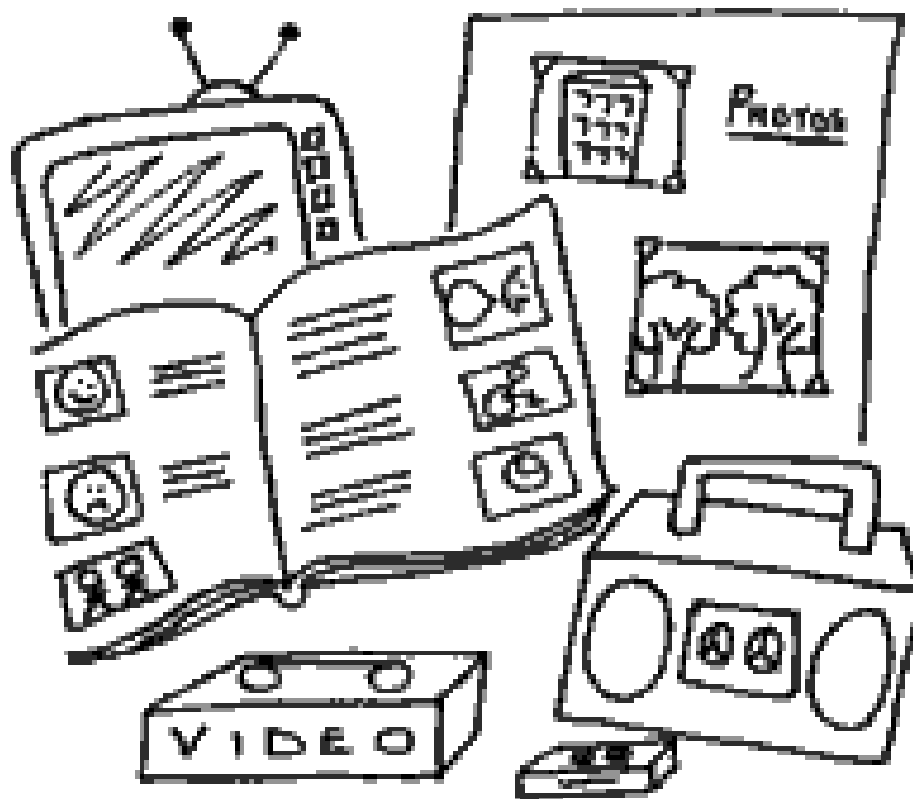


Research Team

- Began in 1998
- Six members
- Inclusive research
- Ideas for research from group members
- Advocacy and autism project
- Oral History - wartime experiences project



Accessible information



Knowledge is power

Barriers which exclude people

- reading and writing
- jargon
- small print
- lack of time
- lack of repetition
- no information

all mean EXCLUSION



How not to work with people

- don't pass information on
- think only some people can understand
- forget to include people
- write bad things in records
- give loads of paperwork
- use jargon
- blame people when they can't participate
- don't explain properly
- make assumptions about peoples needs



ALL THIS IS TOKENISM !

How to work with people

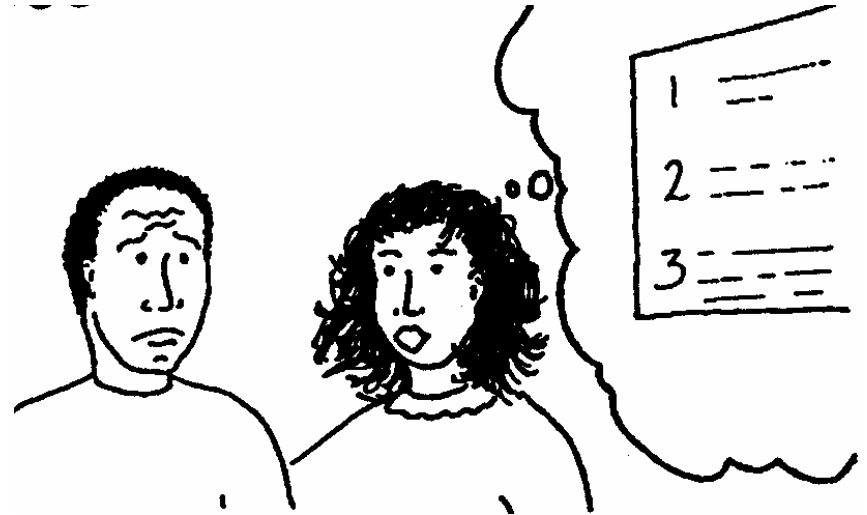


- involve from the start
- ask people about their access needs
- look at different ways to communicate
- slow down the process so everyone can keep up with it

TAKE TIME

Changing things

- Find out strengths and interests
- use people's best abilities
- talk a lot
- make decisions after full information
- photos are good
- make sure everyone gets a say



PERSON TO PERSON !