



south ayrshire  
health & social care  
partnership

# South Ayrshire Adult Learning Disability Strategy 2022-2027

*“Live your best life in the way that you choose”*

SUMMARY VERSION



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# League of Champions Message

Hello! We are...



And together, we are the **League of Champions!**

What are we?

We are a group of people who have come together to champion the rights of people in South Ayrshire living with a learning disability.

What will we do?

We will review the outcomes of this strategy and seek evidence that it is working for the people it was written for.

How will we do this?

By communicating honestly and openly with people we will listen to people's views and lived experiences. We will share this information with the Health and Social Care Partnership.

Why are we doing this?

Because we believe in making a positive difference to people's lives. We will seek the truth and we will not back down!



South Ayrshire is home to lots of people with learning disabilities.



A learning disability is a lifelong condition that affects development.



Someone with a learning disability might need help to:

- Understand information
- Learn skills
- Be independent
- Stay safe and well



If you have a learning disability and live in South Ayrshire we want you to be able **live your best life in the way that you choose.**

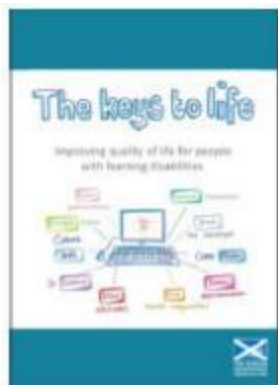


We want South Ayrshire to be a thriving, connected and safe place for people with learning disabilities.



To make sure we do this in the right way we have developed a **strategy**.

A **strategy** is a plan of work.



In Scotland there is a **national strategy** for people with learning disabilities called 'The Keys to Life'.



'The Keys to Life' focuses on people having:

- A healthy life
- Choice and control
- Independence
- Active citizenship



Our strategy is called the South Ayrshire Learning Disability Strategy



We asked lots of people what we needed in our plan.



They told us the most important things were:

- Having good health and wellbeing
- Having choice and control
- Living independently
- Being able to be active citizens



We will focus on these four important things in our plan.



We want you to feel well and be healthy.



We want you to have good mental health.



We want you to know what support is available to you and how you can access this.



We want you to get the treatment and support you need from health services.

## Choice and Control



We want you to have choice and control over the decisions in your life from the start.



We will listen to you and respect you.



We will make sure you have all the information you need to make choices.



We will work together to give you as much support as possible.



## Living Independently



We will support you to live in a place where you feel safe and included.



We will help teach you the skills you need to be independent.



We will offer housing that suits your needs.



We will use technology to support you to live independently.



We will give you opportunities to make decisions.



We will create more opportunities for you to participate in.



We will improve support to allow you to participate in the things you want to do



We will work in partnership to create better links to the community.

# What happens next



We are making a plan of things that we need to do.



We will call this our **action plan**.



We need everyone to help us with the action plan.



We will work together to make things better in South Ayrshire over the next 5 years.