

# Supporting people living with learning disabilities

Living with a learning disability should never mean living without choice. So at Lifeways, we pride ourselves on creating tailored plans that evolve with each person's needs, enhancing their quality of life.

**We've been supporting people living with learning disabilities for more than 25 years, and so we understand that the challenges people face can vary.**



- ✓ Support for all types of learning disabilities
- ✓ Bespoke support plans
- ✓ Ongoing reviews

Like everything with Lifeways, our approach puts the individual at the heart of all that we do. It means we listen, we learn, and we build a relationship alongside building a person-centred support plan that's totally unique to each person.

Our aim is for people to self-direct their support as much as possible – whether that's aiming to learn a new skill, increase their independent living or spend more time out in the community, we're here to help them exercise choice in all aspects of their daily lives.

Our support plans commit to regularly reviewing progress and celebrating achievements. We know that it's really important to recognise steps forward, adapt to changes and shape plans to support each different stage of a person's life.

## Simon's story

Simon lives with a learning disability, autism and epilepsy. Due to this and his anxieties when faced with new situations, Simon suffers from social isolation.

Simon needed to register with new healthcare providers. His support team worked with the selected surgery who were extremely accommodating – providing an opportunity for Simon to explore the premises out of hours. He was introduced to the practice nurse, GP and reception staff. Photographs were taken to add to Simon's communication album. He now uses this as a prompt to reduce anxiety.

As a member of Simon's support team, Julie, comments: "Simon is so much happier when he visits the doctors. If he ever starts to panic, he is able to use the pictures in his communication album as a calming strategy. It really works for him so that by the time we enter the surgery he is comfortable and happy to arrive."

The surgery is always very welcoming. "This approach has been extended to give Simon greater community access including his local hairdresser, chiropodist and optician."

## Our support options



We offer a range of support options including supported living and residential homes that have been designed to meet a wide range of needs. Our support is completely flexible, starting from just a few hours a week through to 24-7.

- ✓ Supported living
- ✓ Residential care
- ✓ Specially adapted housing
- ✓ Assistive technology available

## Make a referral or arrange a visit

Learn more about the independent living that we provide, make a referral or arrange a visit by contacting Lifeways:

Call **0333 202 7185**

Email [referrals@lifeways.co.uk](mailto:referrals@lifeways.co.uk)

Or find out more at [lifeways.co.uk](http://lifeways.co.uk)

A photograph of a young man with short brown hair, wearing a blue t-shirt, leaning over a large fish tank. He is smiling and looking at the fish inside. The tank contains several goldfish and some green plants. The background is a plain, light-colored wall.

**yes**  
to independence