

# Thinking about how to improve Day Opportunities for adults with a learning disability



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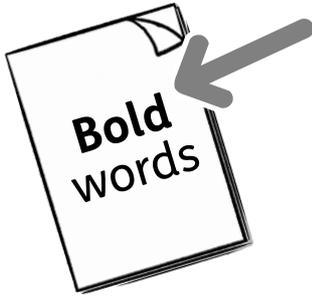
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In this easy read document, difficult words are in **bold**. We explain what these words mean in the sentence after they have been used.



Some words are [blue and underlined](#). These are links which will go to another website which has more information.

# Introduction



Ideas Alliance is an organisation that supports other organisations to work together with local communities.



Working together with local communities helps organisations to make decisions that work well for everybody.



We have been supporting the Royal Borough of Greenwich Council to look at how to improve their day services for people with learning disabilities - called Day Opportunities.



We supported the Council to work together with local people with learning disabilities, their families and carers and people who provide day services, to talk about how day services could be better in the future.

# What we did



We supported the Council to talk and listen to people in the local community including:

- adults with a learning disability.
- families and carers of people with a learning disability.
- organisations that run day services for people with a learning disability.
- community groups.
- groups that support people with a learning disability or their families.
- advocacy groups. These help people to speak up for themselves.
- people who work for the Council.
- other local people who are interested.



We supported the Council to talk to these people about day services at the moment and what is important.



Next, we invited everyone to 3 big meetings where people could all talk together about what they wanted from day services in the future.



The meetings were called 'the 100 day challenge'.

The aim of these meetings was to talk about the ideas people had suggested and find out:



- what people think is important.
- the life that people want to lead.
- how to make the ideas work.

# What we learnt



This is what we learnt by talking and listening to people and during the 100 day challenge.

By talking and listening to people, we learnt that:



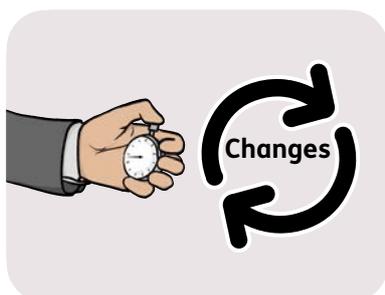
- there are good and caring relationships between people who use day services and staff who provide them.



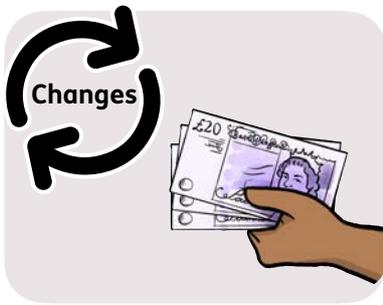
- many people were worried about the future of day services.



- some people do not trust the Council.



- some people were worried that changes to day services would happen too fast.



- some people were worried that changes to day services would only be about saving money.



- people with learning disabilities did not feel they had control over their lives.



We also found out about what is important to people.

We learnt that it is important to:



- support people who are finishing school and starting day services.



- support people with learning disabilities to have goals that they can achieve.



- involve everyone in planning day services.



- support people with learning disabilities to have personal interests and things they enjoy.



- have good public transport so people with learning disabilities can travel to take part in activities.

# 100 day challenge



During the 100 day challenge we found out about what is important for day services in the future.

We learnt that:



- it is important that the Council involves everyone in their plans for days services.



- people want to have good communication with the Council.



- people with learning disabilities want more and different activities to take part in.

# New ideas and the future



What we learnt has helped us come up with new ideas for day services.



Our new ideas include:

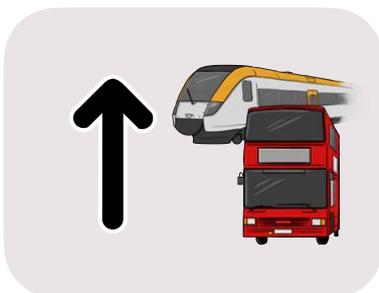
- a main building where people can see what activities are on offer.



- services running 'taster days' - these are days people can turn up and try out the activity to see if they like it.



- 4 'One Stop Shops' run by providers, people with learning disabilities, families and council staff.



- more public transport options.



- helping people with learning disabilities to get paid jobs.



- more activities outdoors, in the evenings and on weekends.



- continuing to work with our local communities to plan services.



During the 100 day challenge we also tested some of the ideas to find out if they would work to make day services better in the future.



Together in teams, we worked on:

- creating lots of activity options for people with learning disabilities to choose from.



- new ways of working together that support everyone, including supporting day services staff.



- making communication better between people and the Council.

# Relationship with the Council



This work has helped people to trust the Council more.



People feel they are being listened to by the Council and would like this to carry on.



We have come up with some ideas to help the Council continue to talk and listen to people:



- meetings with different local groups of people.



- involving people with learning disabilities who use day services more.



- using different ways of sharing information and ways of including people - like using the Council website.



- having more events or other activities that involve local communities.

# Top tips



As well as learning about what is important for day services, we have learnt things that will help the Council with all the work they do:

- remember to give people the chance to do more for themselves.



- as well as listening to people's ideas, work with people to make those ideas happen.



- make a plan to keep things happening, even if someone leaves.



- keep checking what is working well and what could be better.



- trust people.



- give people the chance to speak up if they don't agree with something.



- remember that some people who complain can end up being the biggest supporters.



- keep setting new goals.



- carry on having 100 day challenges to help make better decisions for everyone in the future.