



Learning Disability Week

2020 15th -21st June

Theme : Importance of friendships during lockdown

www.mencap.org.uk/get-involved-learning-disability-week-2020

What is a learning disability?

- ▶ A learning disability is a reduced intellectual ability and difficulty with everyday activities – for example household tasks, socialising or managing money – which affects someone for their whole life.

People with a learning disability tend to take longer to learn and may need support to develop new skills, understand complicated information and interact with other people. As adults, with the right support, most individuals can lead independent lives.



Learning Disability Week
15 – 21 June 2020



Loneliness

- ▶ People with a learning disability have fewer chances to take part in leisure activities or socialise with their peers and so may have fewer friends. (Leisure activities include sport, arts and entertainment, visitor attractions and eating out). There may be a lack of accessible transport.
- ▶ Over half of people with learning disabilities report feeling lonely, rising to over three quarters for those aged 18–34. Of these, 1 in 3 young people spend less than one hour outside their home on a typical Saturday.
- ▶ Loneliness is associated with physical and mental health problems and a poorer quality of life.



Friendships are important

- ▶ Many individuals with a learning disability already feel isolated, away from friends and family and with high levels of loneliness.
- ▶ They may be educated out of the local area and not interact with local young people.
- ▶ It has been reported that a third of adults with learning disabilities have no more than yearly contact with friends and have a very small social network.
- ▶ Happiness and confidence is increased with an active social life that gives opportunities to meet and make new friends and in turn promotes a sense of inclusion.
- ▶ Interacting with a wider circle of people can help challenge negative attitudes.
- ▶ A better quality of life leads to improved levels of health and well-being.



Learning Disability Week

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- ▶ www.mencap.org.uk/get-involved-learning-disability-week-2020
- ▶ Download resources
- ▶ Get involved
- ▶ Research famous people with learning difficulties
- ▶ Fund raise for Mencap
- ▶ Remember during COVID-19 there will be increased stress for all and heightened feelings of isolation. So be gentle on yourself and others.