

Plain facts

New ways to spend your time

Everyone wants to do interesting things in their life. People with learning difficulties do not always get the chance to do what they want. They might need help to make changes in their lives.

Angela Cole, Barbara McIntosh and Andrea Whittaker worked with people living in residential homes in York as part of the Changing Days project.



This Plain Facts tells you some of the ways the project helped people to change their lives for the better.



They found that:



People want to do lots of different things.



People want to do things in ordinary places, that anyone can go to.



There are things that make it harder for people to get what they want.



A planning circle is a good way to help you make changes in your life.



A residents' committee could be a good way to change things where you live.