

Plain facts

Having real power

Having power means you can speak up for yourself and other people.

In Cambridge there is a group called **Speaking Up!**. They made a video pack called **Real Power**. They found that people with learning difficulties can have power in lots of different ways.



You can have power in your own life, for instance by using Direct Payments.



You can have power by training people like doctors.



People can speak up for others where they live.



Groups of people can work together with the managers who decide about services.



Self-advocacy groups can speak up for other people with learning difficulties.



People with learning difficulties can use their power to make a real difference to the services that support them.

