

Plain facts

Our voice in our future

Disabled people should be able to speak up about the services they need. They should be able to plan for the future.

A network called **Shaping Our Lives** sent out a questionnaire to groups of disabled people. They also talked with four different groups of disabled people and people with learning difficulties. They asked them what it was like to speak up about services.



This is what they found out:



Most disabled people wanted to speak up. But they got cross when no one listened, or things didn't change.



There were some good ways for people to make their voices heard.



There should be better laws about asking disabled people what they think.



Disabled people and people with learning difficulties need to carry on speaking up about their services. This will help services to be better.