

Plain facts

Our lives, our research

Researchers are people who find things out. People with learning difficulties are starting to take part in projects that are about their lives.

This Plain Facts looks at the different ways people with learning difficulties have taken part in projects paid for by the Joseph Rowntree Foundation.



There are lots of different ways to take part in research. People should choose how much they want to do.



Projects can help people with learning difficulties to make their voice heard.



People with learning difficulties like to be in charge. They do not like to stick to a plan that has been set up by someone else.



Projects that are led by people with learning difficulties are new and exciting.



Research is a paid job. Projects take a lot of time, money and good support.



People with learning difficulties can make research stronger. They can show others how services need to change to make their lives better.