

Plain facts

Skills for Support



Some people with learning difficulties want support to help them do lots of different things.



Some people with learning difficulties get a PA (personal assistant) to support them. A PA is someone who can support you to do things.



Lisa Ponting and Kerrie Ford are people with learning difficulties. They worked as researchers in the 'Skills for Support' research team with Val Williams. The team wanted to find out what makes good support for people with learning difficulties.

Key facts



The research team spoke to people with learning difficulties who had a PA. The people they spoke to were very happy to have PAs. They said it gave them more control in their life.



The research team also spoke to some PAs. The PAs said how good it was to do this sort of work. They liked helping people to become more independent.



Most people with learning difficulties used their PA to go out or go shopping. Sometimes people had a PA to help them in the house.



People who cannot speak for themselves can also have good support from a PA.