



# **A toolkit for supporting people with learning disabilities to use technology**

Easy Read Summary

## Introduction



This toolkit is about how people with learning disabilities can be supported to use technology.



When we talk about technology, we mean things like, mobile phones, iPads, WhatsApp, Facebook, Zoom and the internet.



The toolkit is designed to help people with learning disabilities, supporters and service managers.



When we talk about supporters we mean carers, family members, friends, paid support workers, advocates, self-advocates, health and social care professionals



It is really important for supporters to help people with learning disabilities to use technology.

# What makes good support?



1. Believing that it is part of a supporter's role to help people with learning disabilities to use technology if they want to



2. Believing that with the right support people with learning disabilities can use technology



3. Believing that it is important to give people with learning disabilities the information they need so they can decide if they want to use technology



4. Believing that people with learning disabilities have the right to use technology if they want to.



5. Believing that support to use technology should be person-centred



6. Understanding why a person with a learning disability wants to use technology and what technology they have



7. Understanding the good and difficult things about using technology



8. Understanding how to learn from our experiences of using technology and supporting technology use

## What is in the toolkit?



1. Suggestions for what people with learning disabilities, supporters and managers can do to develop their beliefs and understanding.



2. Examples of good support practice



3. Links to useful online resources



4. A planning and evaluation guide

## How can you use the toolkit?



Show the toolkit to your supporters and share with them why you do or do not want to use technology.



Look at the online resources that give suggestions for how you can talk about your goals in life including using technology:

Page 7: Supporting me booklet

Page 12: When I grow up profile

Page 16: My kind of future

Page 24: Book of You App &

Page 24: Good Days and Bad Days



Take photos or videos of the technology you already have, or the technology you would like to have and share these with your supporter



Read the Ace Anglia easy read guides

Page 32: Using Zoom, WhatsApp and Teams





Watch the videos of people with learning disabilities talking about how and why they use technologies and then talk about what you think with your supporter.

Page 12: Sheffield Voices Group Video 1

Page 16: Sheffield Voices Group Video 2

Page 20: Self-advocates talk about technology

Page 27: Talking about lockdown and going on Zoom

Page 36: How online is a lifeline