

Worksheet 8 answers: **Supported living for adults with learning disabilities**

Your teacher will show you a video about the work of Kent County Council in supporting adults with learning disabilities.

As you watch the video, take notes. Then answer the following questions.

1. Why might an adult with learning disabilities need support? What daily living tasks might they need support with?

Support may relate to: personal care; medication; cooking; cleaning; shopping; daily living skills etc.

2. What support is offered by the settings described in the video? What other support might be offered?

Suggested answers include:

- **Support to remain close to home, family and friends**
- **Support to continue with activities**
- **Modifications to service users' own homes, so they can live independently in a setting where they are comfortable**
- **Support from visiting practitioners, e.g. physiotherapists and social workers**

3. Why might an adult with learning disabilities be vulnerable?

Suggested answers include:

- **Greater reliance on other people for support with daily living activities**
- **Reduced sense of danger**
- **Difficulties in expressing needs or wants**
- **Limited knowledge of how to escape from uncomfortable or dangerous situations**
- **May be seen as an 'easy target'**

4. What difference can supported living make to the life of an adult with learning disabilities? Consider their physical and emotional health and wellbeing.

Suggested answers include:

- **Help and support from qualified practitioners will improve confidence and self-esteem because service users will feel valued, respected and supported.**
- **Ability to remain in their own home encourages independence and gives service users a sense of empowerment, improving mental wellbeing.**
- **Purpose-built or adapted flats or houses enable service users to access all facilities, which will allow them to participate in a greater range of activities. Participation in social activities will contribute to development of friendships and social skills. Participation in physical activities will improve physical health and fitness.**
- **Residents will gain confidence in their own abilities.**