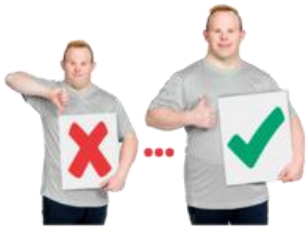




This is Me: Valuing the lives of people with learning disabilities

	<p>What is the project about?</p> <p>The organisations below are all working together on a campaign to share the experiences of people with learning disabilities.</p> <p>The campaign is called 'This is Me'</p>
	<p>The Scottish Learning Disabilities Observatory</p>
	<p>The Scottish Commission for People with Learning Disabilities</p>
	<p>Down's Syndrome Scotland</p>
	<p>PAMIS (Promoting a More Inclusive Society)</p>
	<p>We will share short films to challenge negative attitudes towards people with learning disabilities.</p>



We want to make a positive change in people's attitudes towards learning disabilities.



We worked with a group of people with learning disabilities and asked them about their priorities to improve their health.



The group said there should be an awareness campaign to challenge negative attitudes to learning disabilities.

We listened to them and created 'This is Me' campaign.



We will bring together self-advocates with learning disabilities and supporter organisations, families and carers.










They will tell their stories and share the changes they would like to see to make Scotland a better place for people with learning disabilities.



Why is this important?

People with learning disabilities' experiences show that they are not treated the same as other people.

	<p>They often receive poor health care and die at an earlier age.</p>
	<p>They have poorer job opportunities</p>
	<p>They are often targets of hate crime and bullying.</p>
	<p>What we will do</p> <p>We will share the stories of people with learning disabilities.</p>
	<p>We will share research findings about the health and wellbeing of people with learning disabilities.</p>
	<p>We will challenge negative attitudes about people with learning disabilities.</p>
	<p>We will show that people with learning disabilities have the right to:</p> <p>Healthcare</p>

	<p>Feel safe in their community</p>
	<p>Have job opportunities</p>
	<p>How can you get involved?</p> <p>People with learning disabilities and family carers can tell their stories about their day-to-day life and experiences.</p>
	<p>You can tell your story and share your experiences on social media (Facebook, Twitter, YouTube)</p>
	<p>You can take part by sharing a 60 second selfie video.</p> <p>You can post a message on social media telling people how to make the lives of people with learning disabilities better.</p>



If you would like to share your story please contact Fiona Barlow at the Scottish Learning Disabilities Observatory

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#ThisIsMe22

Follow us on social media.

Use the words (hashtag) #ThisIsMe22 when you post a message on social media.

