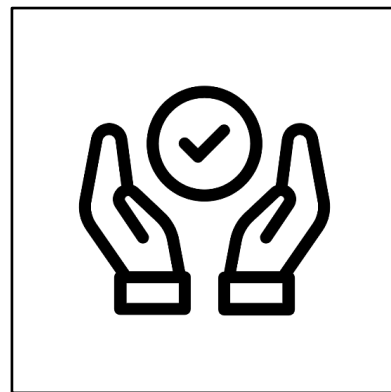
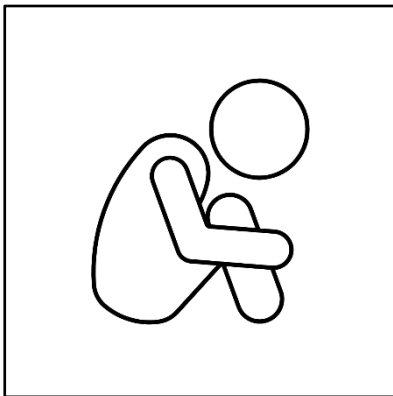


What helps you feel included? A study with people with intellectual disability talking about loneliness and feeling included



Research Team



Sally Robinson



Jan Idle



Tim Cahalan

The report is for



Our Voice SA



Purple Orange

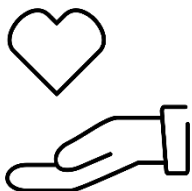


Flinders University



People everywhere

Thank you to:



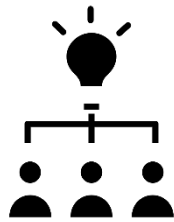
The people who talked to us.

The advisory group.

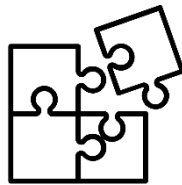
Ali for helping.



Why did we do our research?



People with intellectual disability have good ideas about what helps them.

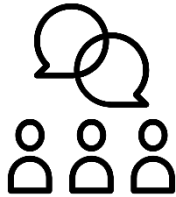


Their ideas are important.



This report is what people told us.

How we did our research?



Our Advisory Group helped us to find the best way to do our work.

The Advisory Group were people with intellectual disability.

They told us



Use pictures



1st Talk about hard things



2nd Talk about good things

Who did we ask?



17 people with intellectual disability

What did we do?



3 group interviews
4 individual interviews
3 advisory group meetings

We asked people



What happens when you feel lonely?

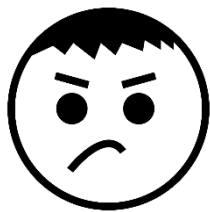


What helps you feel better?



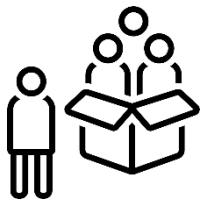
What helps you to feel included?

What happens when we feel lonely?



We have a lot of feelings.

We feel frustrated, disappointed, angry,
let down, powerless.



It is hard when people don't know you.

We are left out.



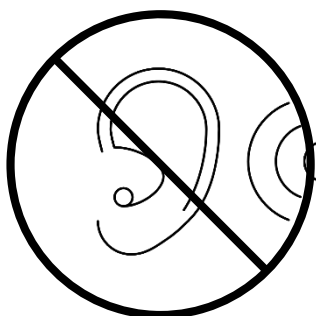
We feel lonely when:



We are not treated as equal.



Staff and other people don't care about our ideas and feelings.



We are not listened to and not believed.



People use our disability against us.
They see the disability not the person.



We feel lonely when:



We are not supported to live our best life.

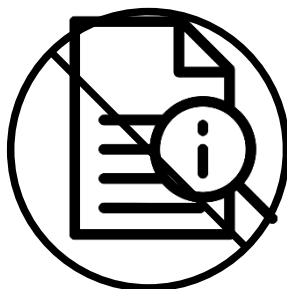
Services and staff are not helpful.



When staff don't look after us and we are not safe.



Rules are more important than people.



Information is not accessible.



What helps us feel better?



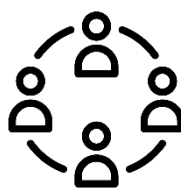
Doing things we like with friends, family and other people.



swimming



getting tattoos



doing things in groups



bowling



art & craft



sailing

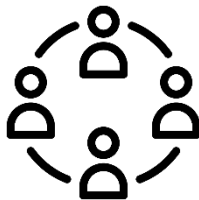
We feel included when



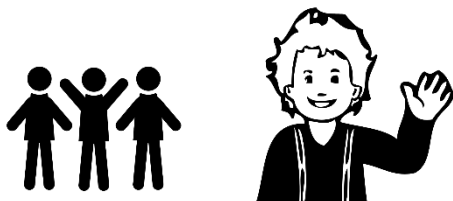
We feel welcome.



We are invited and can invite other people to do things.



Doing things with family, friends and other people.



We feel connected to other people.



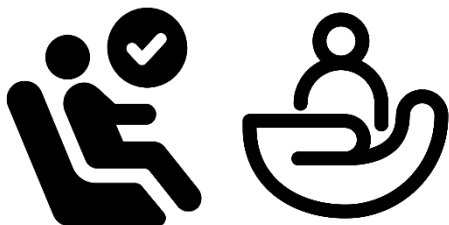
We feel included when:



We have a purpose.



Help other people.
Work together.



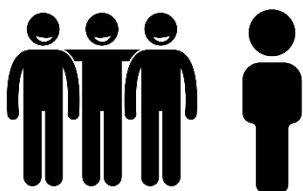
We are supported and safe.



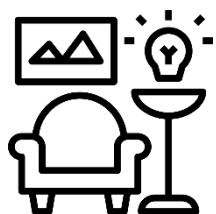
We feel included when:



We can look after ourselves with the right support.



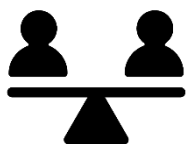
Staff help us do what we want.



We live where we want to and are safe.



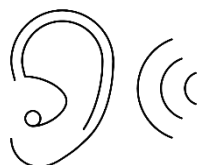
We feel included when:



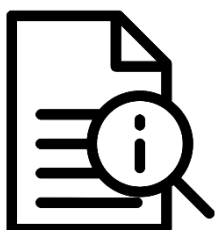
We are treated as equals.



When we can have a say in our life – self-advocacy.



People listen to us.



Information is clear.



Advice from people with intellectual disability

People with intellectual disability had lots of great advice.
They told us how to include people so they don't feel lonely.

The advice is for different people.



Advice for everyone



Advice for organisations



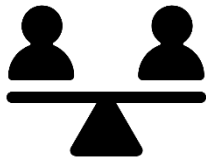
Advice for people with intellectual disability



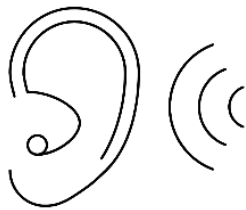
Advice for everyone



Value people – be careful of how you treat people

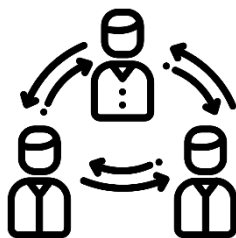


Treat people as equals



Listen

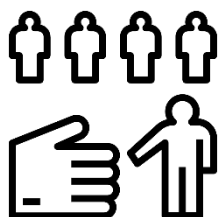
Make time to listen to people with intellectual disability.



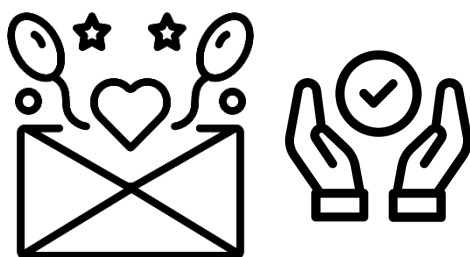
Communicate clearly



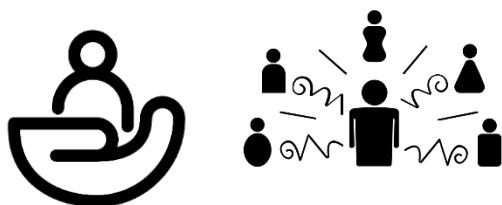
Advice for everyone



Be friendly.



Include us.



Support us to be in our community



Learn about human rights

Advice for everyone



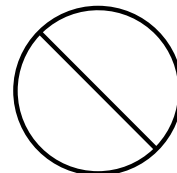
Change attitudes to people with disability.

See



the person

NOT



the



disability.



Advice for organisations



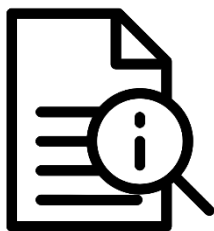
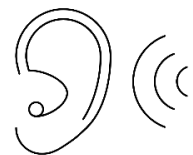
Make disability ready places



Go into the community to give support



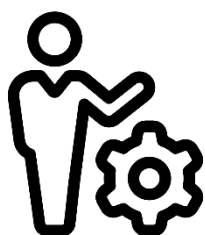
Make sure people with intellectual disability can 'have a say' and **LISTEN.**



Share accessible information



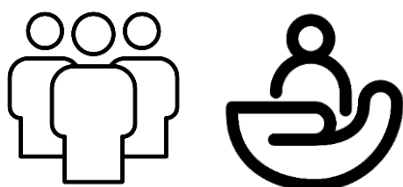
Advice for organisations



Include people at work



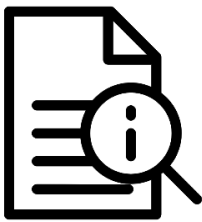
Support rights of people with intellectual disability



Make sure staff give the right support to people with intellectual disability

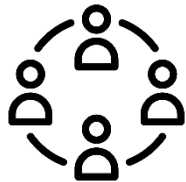


Advice for people with intellectual disability



Find information

Share information with others.



Share an interest or hobby.



Speak up – don't give up –
self-advocacy.

Research Team

Sally Robinson, Jan Idle and Tim Cahalan

Suggested citation:

Robinson, S, Idle, J & Cahalan, T. (2021) What helps you feel included? A study with people with intellectual disability talking about loneliness and feeling included – Easy Read, Disability and Community Inclusion, Flinders University

Disability and Community Inclusion

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