Mental health, learning disability and care

We asked family carers and people with learning disabilities what do these words mean to you?

Mental health.

Learning disability
1. This is what they said about mental health

Mental health means different things to different people.

Some people say that they have mental health difficulties because their brains work differently.
Some people said they have mental health difficulties because they have had to fight for help.

2. This is what they said about learning disability.

People with learning disabilities are loved and important.
3. This is what they said about care

We all need care

Family carers care for people with learning disabilities

And people with learning disabilities care for family carers
People told us it is important to think about when care happens.

Caring relationships between people with learning disabilities and family carers last a long time.

People with learning disabilities and family carers worry a lot about the future.

This is because of bad experiences in the past and present.
People worry because they don’t have help to plan for the future.

Care takes place in different places

Some people live with the person they care for.

Other people care but they don’t always live with the person they care for.
4. What needs to change to support people better?

Talk to people with learning disabilities and family carers about what ‘mental health’, ‘learning disability’ and ‘care’ mean to them?

Ask people with learning disabilities and family carers about when and where care happens.

Help family carers and people with learning disabilities to live well now.
Talk to people with learning disabilities and family carers about planning for the future.

Talk to people with learning disabilities and family carers about love and care together.