



Llywodraeth Cymru  
Welsh Government

**EASY READ**

# Supporting Families where a Parent has a Learning Disability



This document was written by University of South Wales on behalf of the Welsh Government.

**March 2023**



Llywodraeth Cymru  
Welsh Government

The Welsh Government asked the University of South Wales to write a report.



The report tells social workers and other professionals how they can give good support for parents with a learning disability.

## Thank you to:

- Ruth Northway
- Michelle Culwick
- Wahida Kent
- Nicky Genders
- Stacey Rees

To write the report we listened to parents.



We talked with professionals and read other reports.

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Mae'r ddogfen hon ar gael yn Gymraeg hefyd / This document is also available in Welsh  
Rydym yn croesawu gohebiaeth a galwadau ffôn yn Gymraeg / We welcome correspondence and telephone calls in Welsh



This booklet explains what is in the report.

It tells you what support you should be getting.

## Important things for social workers to remember when giving you support.

The report says social workers should remember some important things when giving you support. These are:



You, your children, and your family have rights.



Support should be given to all members of your family who need it.



Support should look at what you can already do – not just at what you need to learn.



Support that meets your needs as a parent should be given early.

This is to try and stop problems from happening.



## Giving support – what is important?

The report lists 8 different areas of support.

### 1. Identifying parents with a learning disability



It is important that professionals know if you have a learning disability.

This is so they can make sure you get the right support.



You might already be getting support from the Adult Community Learning Disability Team.



If you don't have contact with the Adult Community Learning Disability Team you may be referred to them.

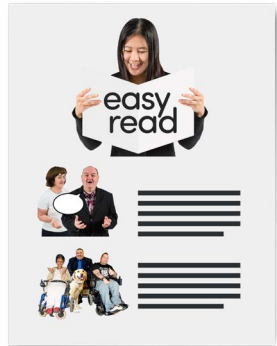
They may need to do an assessment to see if you have a learning disability.



The report says that what is important is that if you need support you should get it.

Support should not wait until you are assessed as having a learning disability.

## 2. Communication



Social workers should ask you what type of communication works best for you.

For example, you might want easy read information, text message reminders, or audio information.



They should ask you what you think about things.

They should ask you if there are things you want to say.



They should not use jargon words where possible.

If they do have to use jargon they should explain to you what it means.

They should check whether you have understood information.

They should check whether you can remember information.

It is OK to say if you don't understand or don't remember.



### 3. Independent advocates



An independent advocate is someone who can help you to say what you want and need.

If this is difficult for you, they can talk with you to see what you want and need.

They can then speak for you.



An independent advocate can help you to understand things.

For example, they can help you to understand your rights.



The advocate should have experience of supporting people with learning disabilities.

They should also understand policies and laws about children.

Social workers should tell you how to get an independent advocate.



They should do this as soon as possible.

This is so the advocate can get to know you and your family and support you.

## 4. Assessment.



Social workers may need to assess how you look after your children.

They should take time to get to know you before they do this.

The person doing the assessment should have experience of working with people with learning disabilities.



They should talk with you about the assessment and agree with you how it is going to be done.

They should explain to you what it means and give you a copy.



The assessment should look at what you can do and what support you already have.

It should also look at what support you need.

The person doing the assessment should ask what is important to you.



Sometimes different professionals may need to do different assessments.

If this happens, they should work together.



## 5. Planning and giving support



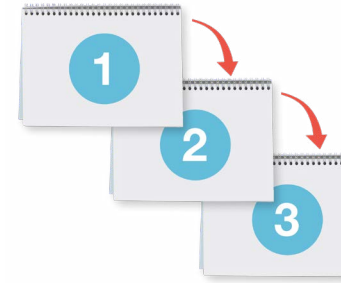
Your support plan should say what you can do and what support you already have.

The plan should be explained to you.



It should be written in a way that you can understand.

An independent advocate can help you with this.



You may need to learn to do new things.

These should be broken down into easy steps to help you.

You should be helped to learn in the way that suits you.

There may be some things that you need to do or changes you need to make.



They may need to be done by a certain date.

This should be explained to you.

You should be told what will happen if things do not change.



## 6. Support if you go to court



Sometimes a court will decide who should look after your children.

If this happens you should have time and support to prepare for this.

An independent advocate can help you.

You should also get a solicitor.

What will happen at court should be explained to you.

You should have support to decide what you want to say to the court.



Courts may use words you do not understand.

These words should be explained to you.

The court may be able to change the way they do things to help you.

When the court decides what will happen this should be explained to you.



You should be told what this will mean for you, and for your children.

## 7. Working together



You may need support from different professionals.

This is to make sure that you get the best support.

The professionals should work together to support you.



You may need support from the Adult Community Learning Disability Team.

Your children may need support from the Children's Team.



These teams should work together.



You may need support from different services such as social work, health, and schools.

These different services should work together.

Sometimes a social worker may leave their job.

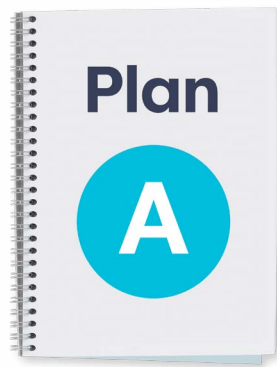


If this happens you should be told your social worker is leaving and who your new social worker is.



If you will not have a new social worker you should be told who to contact if you need support.

## 8. Social Services



Social services should have a plan of how they will work with other services to support parents with learning disabilities and their families.

It should say who will provide support.

It should also say how independent advocacy will be provided.



Social workers should have training to support parents who have a learning disability.

This should include how to communicate clearly.

It should help them provide good support and to make sure the needs of parents with learning disabilities and their families are met.



Social services may need to assess how parents with learning disabilities look after their children.

These assessments should be done by someone with experience of supporting people with learning disabilities.



Social services should make sure they have staff who know how to support people with learning disabilities.

These staff can help other staff to provide better support.

## Other information

There is information on-line to help you to care for your children.

There is also information to help you understand things like the law and your rights.

You can find a list of this information here: (insert link)

If you want to look at the full report that has been written for social workers you can find it here: (insert link)