

Supporting Parents with Learning Disabilities



This report is about how parents with learning disabilities are supported in Scotland.



Aims of the project



1. To find out what support is available for parents with learning disabilities.



2. To see how parents get this support.



3. To learn what happens to the children of these parents.



4. To find ways to better support all parents with learning disabilities in Scotland.



How we found out this information



An online survey was sent to people who work with families.



We asked every health and social care area for information.



We talked to social workers in interviews.










We worked with People First (Scotland) Parent Group to understand lived experiences.



Key findings – What we learned



Very few areas have special support for parents with learning disabilities.

	<p>Most children of parents with learning disabilities do not live with their parents.</p>
	<p>Many parents are not given the help they need early enough.</p>
 <p>Rights</p>	<p>Parents are not always told their rights or given easy-read information.</p>
	<p>Parents feel judged or not trusted because of their learning disabilities.</p>
	<p>Problems found</p>
	<p>Parents are often scared to ask for help in case their children are taken away.</p>
	<p>There is too much paperwork and hard-to-understand language.</p>

 <p>The image shows a man in a dark suit and glasses holding a clipboard. On the clipboard is a checklist titled "Needs" with 10 items. Items 1, 2, 3, 4, 5, 6, 7, 8, 9, and 10 are each followed by a small box containing a checkmark. The man is looking at the clipboard and holding a pen.</p>	<p>Assessments are not made easier for parents with learning disabilities.</p>
 <p>The image depicts a group of people, including a person in a wheelchair, standing together. A large red 'X' is drawn over the entire scene, indicating that the current state of services is problematic or not working well.</p>	<p>Different services do not always work well together.</p>
 <p>The image shows a woman with dark hair wearing a red jacket. To her right is a blue speech bubble containing the words "HELP", "SUPPORT", and "ADVICE" stacked vertically.</p>	<p>What needs to change - Recommendations</p>
 <p>The image shows a family of five people (two adults and three children) sitting together. They are framed by a simple black outline of a house, suggesting a focus on family and home life.</p>	<p>1. Find out how many parents have learning disabilities and what happens to their children.</p>
 <p>The image shows a woman on the left talking on a mobile phone. To her right is a circular inset showing a man in a blue shirt also talking on a mobile phone, representing communication and support.</p>	<p>2. Create support that works for different families and is easy to access.</p>
 <p>The image shows a woman in a white lab coat (likely a healthcare professional) talking to a man in a dark jacket. They are looking at some papers together, representing a consultation or assessment.</p>	<p>3. Make parenting tests fairer and easier for parents with learning disabilities.</p>
 <p>The image shows a woman in a blue uniform pointing towards a large blue circle with a white lowercase letter 'i' inside, which is a common symbol for information. Two other people are standing nearby, one of whom is also in a blue uniform.</p>	<p>4. Give clear and easy-read information to all parents.</p>

	<p>5. Train social workers to better understand learning disabilities.</p>
	<p>6. Make sure parents get advocacy and legal help.</p>
	<p>7. Give parents and children support for their mental health.</p>
	<p>8. Keep checking if changes are helping families.</p>
	<p>Final message</p>
	<p>Parents with learning disabilities have the right to be parents.</p>
	<p>With the right support, people with learning disabilities can be excellent parents.</p>



Scotland must do more to help parents with learning disabilities and their children have a better life together.