



# Better commissioning for better lives: top tips for commissioners

	<p>In March 2022 people with learning disabilities met with commissioners.</p>
 <p>Council</p>	<p>Commissioners work at your local council or for health services. They look at what services local people need and then the council or health service plans and buys these services.</p>
	<p>They try to find services that local people need and want. They make sure the council or health service can afford these services.</p>
	<p>We wanted commissioners to talk to people with learning disabilities to hear about what they want from their lives.</p>
	<p>This was so commissioners can think more about how services can support people with learning disabilities to have their rights and better lives.</p>
	<p>From what people told us at the meeting we came up with some top tips for commissioners.</p>
	<p>These top tips can help commissioners to make sure services work well for people with learning disabilities.</p>

**Top tip 1 – Understand the barriers that people with learning disabilities face and the impacts these barriers can have on them**

	<p>People with learning disabilities are not treated fairly. This can mean that they don't get the same chances in life as other people.</p>
	<p>This includes less access to leisure and work opportunities which can make it more difficult to meet new people and can lead to loneliness.</p>
	<p>Commissioners can be champions for people with learning disabilities, making sure they have equal access to services and better life chances.</p>

## Top tip 2 – Make reasonable adjustments to services so they include people with learning disabilities better

	<p>People with learning disabilities sometimes find it hard to access local services. This can make life more difficult.</p>
	<p>We need to make sure that services are easy to use. Reasonable adjustments such as more time and better information can help.</p>
	<p>People with learning disabilities need to be involved in training for health and social care staff. This helps staff to make services easier to access and use.</p>

### Top tip 3 – Find out what’s important to people



Commissioners need to understand what is important to people with learning disabilities.



Commissioners should be listening to people with learning disabilities to find out what matters to them and what they want.



This will help commissioners when they are looking at what services they should buy.

## Top tip 4 – Nothing about us without us



People with learning disabilities should have a say in how local services are designed and reviewed.



This should include people from lots of different backgrounds and with lots of different needs.



Local services will be better for people with learning disabilities if commissioners share power so people with learning disabilities are involved in the decisions that are taken.

## Top tip 5 – Be brave!



Services and decision makers need to be more brave.



Some commissioners and workers don't like to take risks.



This can mean that people with learning disabilities miss out on opportunities that could make their lives better.

## Top tip 6 – Give people better information and more time



We should give people better information about what a service does, what people can expect from the service and how people can use a service.



We need to make sure that workers have more time to talk and connect with people with learning disabilities.



We were told by one person that “it’s exhausting jumping through hoops to get support.”

## Top tip 7 – Develop a shared vision



This is about talking together to find out what everyone wants and how we can make it happen.



Agree on how we can support people best. All support and services should be about making people's lives better.



It is about rights and equality for everyone. Commissioners need to make sure that this vision is important to everyone so people with learning disabilities are included and supported better.

## Top tip 8 – Get better at making change happen!



We know what people with learning disabilities want – they have been telling us for a long time!



Commissioners are about quality services that do good things for people.



Commissioners should start talking to people with learning disabilities right away and start making change happen.

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