



**UK Occupational Therapy
Research Foundation**
Building the evidence - creating the future
A division of the Royal College of Occupational Therapists



University of Brighton



Kent Community Health
NHS Foundation Trust

Research on how to ensure good support for a good life for people with learning disabilities

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Amanda Knowles – Occupational Therapist & Research Assistant



What do these words mean?

Research	This is when people look at what works and what doesn't work and write about it so other people can use it.
Occupational Therapists	Often called OTs. Occupational therapists are really interested in helping people to have a good life. Our job is to make sure people can do the things they want to do and need to do.
Activities	Doing things you like or need to do.
Research plan	How we will do the research .

Research Team



Dr David Haines – Principle Lecturer – University of Brighton



Sharon Harris – Practice Partner



Amanda Knowles – Occupational Therapist – Research Assistant



Diana Ramsey – Consultant Occupational Therapist

A good life - Research background



Some people with learning disabilities need lots of support.

We know that good support helps you to have a good life

A good life - Research background



Occupational Therapists work with your support workers and families to help you have a good life.

We show them the best way to help a person with a learning disability.

We know that doing things you like helps you to have a good life.

A good life - Research background



Getting the right support can be hard.

This is a problem.

We want to know the best way OTs can help support workers and families get this right.

A good life – Research plan



We are going to talk to some OTs in Kent to find out how they help support workers and families.

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We will read what other people have written to find out what they think works best.

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We will learn which ideas will help OTs most.

These ideas can help OTs to work better with support workers and families.



A good life – Research plan



We will put ideas together to make guidelines lots of people can use.

We might make these into a book or put them on a computer.

A good life – Research plan

Questions



1. What do you think about it?

Good

Bad

Not sure



We will ask people with learning disabilities and the people who support them:

Do they like our guidelines?

Do they help teach support workers and families how to do the things you like?

A good life – Research plan



We will ask if our guidelines have helped people to do more activities they like.

Questions for you?

- Do you find getting the right support can be hard?
- Do you think OTs can get better at helping support workers and families?
- Would you like to talk to us about our research?

