



A manifesto for an ordinary life

This is what adults with learning disabilities have told us they need to be able to lead an ordinary life.

- Choose where I **live** and who I **live with**
- Choose my **support staff**
- Have **happy staff** who love their job
- Choose my **friends** and have a **social life**
- Choose how I **spend my time**
- Choose what time I go to **bed**
- I want the right to have **relationships** and a **sex life**
- I want to be **active** and **welcome in my community**
- I want to have a **proper paid job**
- I don't want bad stuff said about me in the **media** on my disability
 - *Nothing special, just ordinary.*