

A Manifesto for an Ordinary Life

- My right! Living where I choose
- My right! Making my own friends
- My right! #NoBedTimes
- My right! Making my own decisions
- My right! Loving and being loved
- My right! Being valued for being me
- My right! A paid job
- My right! People who are happy to support me and who I've chosen to be in my life



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Choosing where you live, having a relationship, getting a paid job...

These are not things that most people would see as radical or ground-breaking - just an ordinary part of everyday life. That is not the case with many adults we speak to, however.

That is why we have called this A Manifesto for an Ordinary Life.

It has eight themes that people with learning disabilities have told us they want in their lives. If you think a learning disability should not stop you having an ordinary and fulfilling life then support us.

*“We are the same as anybody else.
We should be treated the same.”*

Andrew Walker, Stay Up Late Ambassador

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- Become a Stay Up Late Ambassador
(more details at www.stayuplate.org/ambassadors)
- Make a donation www.localgiving.org/stayuplate

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