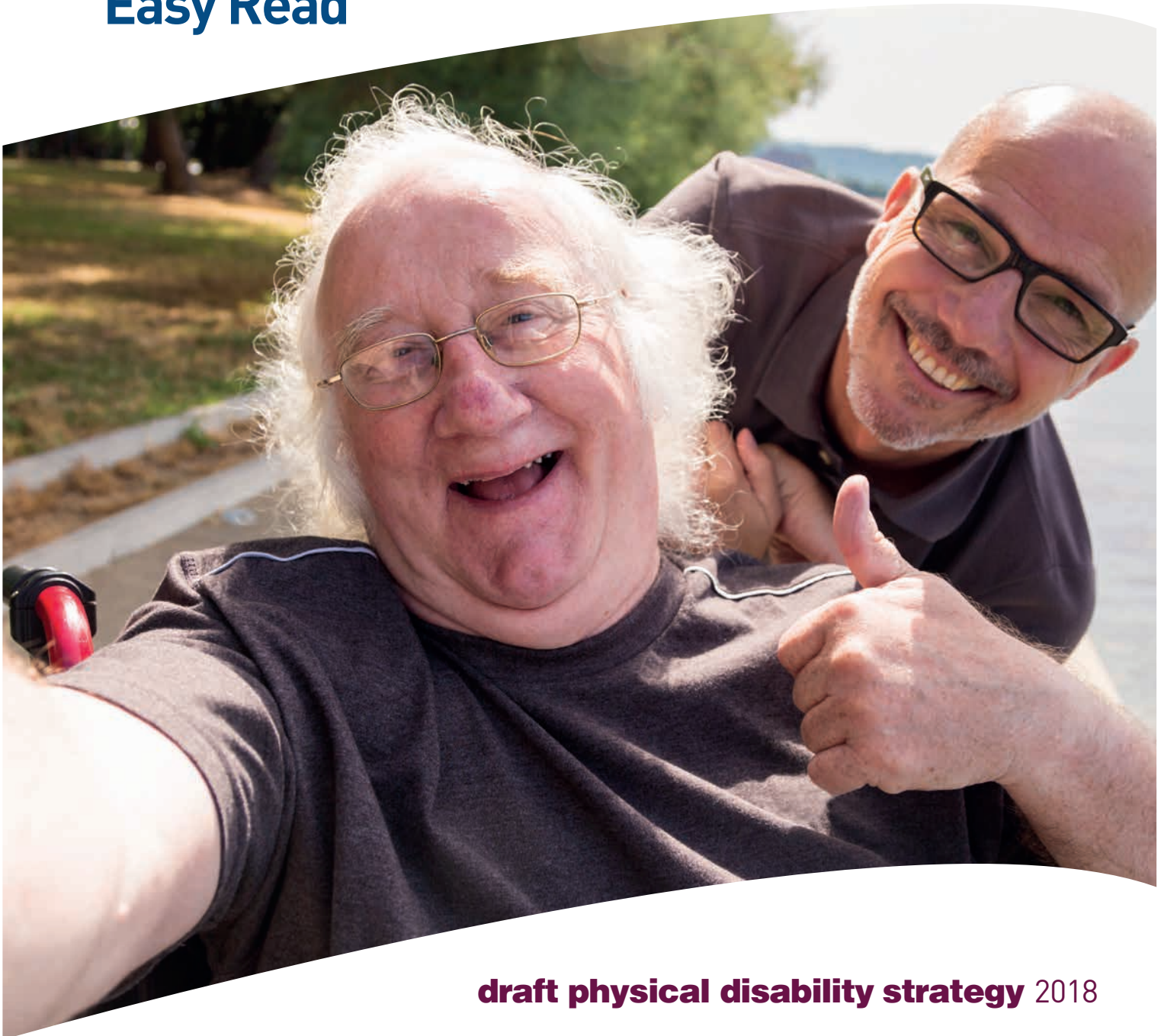


draft physical disability strategy

a fairer Scottish Borders for people with a physical
disability or long-term condition and their carers

APRIL 2018

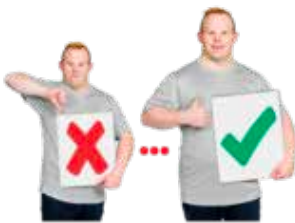
Easy Read



About this plan



This plan is about services for adults in the Borders who have a physical disability. It is also about their carers.



This plan says how Scottish Borders Council, NHS Borders and the **third sector** will make things better.

The **third sector** means groups like charities and community groups that are not part of the council or NHS Borders.

6

Ambitions

There are 6 **ambitions** in the plan. An **ambition** is something we really want to do.



There are also **actions**.

The **actions** are how we will do the things we say we will do.

Ambition 1



People with a physical disability will have healthy lives.

They will be able to get help with things like:

- stopping smoking
- mental health
- healthy eating.



They will be able to get the right information when they are told they have a health problem.



They will get support to live **independently**.

That means they do not always need other people to help them.

They will have more say about how they get support.



Everyone will work together to make sure people with a physical disability are able to get good services.

Ambition 1



People with a physical disability will have a say in how services are set up.

They will have a say in how they are run.

How we will do this



We will tell people about Ability Borders.

Ability Borders is a service that gives information to people with a physical disability



We will make sure that people with a physical disability are included in activities. This can help stop them from getting ill.



We will know when we have done this when more people contact Ability Borders.

Ambition 2



People with a physical disability will take part in learning, work and volunteering. There will be **equal opportunities** in learning and work. This means that everyone will have the same chances.

How we will do this



We will make sure that we do what the law says. The law says people with a physical disability have rights.



We will talk to employers, schools and colleges. We will tell them what they can do to get more disabled people into work.



We will know we have done this when more people with a physical disability are working, learning and volunteering.

Ambition 3



People with a physical disability will be able to get houses they can afford. They will be able to get houses that are right for them.



People with a physical disability will be able to use transport and other services.

How we will do this



We will look at what makes it hard for people with a disability to use transport. We will ask the people in charge of transport to try to solve these problems.



We will speak to people who plan and build houses. We will ask them to make sure that their houses are good for people with a physical disability.



We will know we have done this when less people say that it is hard for them to use transport.

Ambition 4



People with a physical disability will be able to get into buildings, parks and other spaces.



They will get **advocacy**, support, information and advice.

Advocacy means you have someone who can help you to speak up.

How we will do this



We will speak up about the rights of people with a physical disability.

We will try to make sure they are not treated unfairly because of their disability.



We will know we have done this when people with disabilities say things are better in all parts of their lives.

Ambition 5

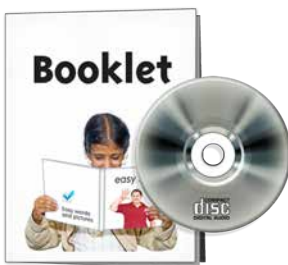


People with a physical disability will take part in all daily and public life.



They will get help to do this with **peer support**.

Peer support is when people use their own experiences to help others.



People with a physical disability will get information.

They will get it in the best way for them.



We will talk about the things that stop people with a physical disability from doing things. These are called **barriers**.

We will do something about these barriers.

Ambition 5

How we will do this



We will involve people with a physical disability when we make decisions.



We will know we have done this when people with a physical disability have been involved.

Ambition 6



We will find out what carers need.

We will make sure carers get support.

How we will do this



We will make sure that carers are involved in physical disability services.

We will also involve them when we plan new services.



We will know we have done this when more carers have a support plan.