

# LGBT People with Learning Disabilities

## Easy Read Report

This report is about lesbian, gay, bisexual and transgender people with learning disabilities. It was written by the LGBT Health and Inclusion Project.



**Lesbian** means a woman who is attracted to other women.

**Gay** means a man who is attracted to other men.

**Bisexual** means a person who is attracted to both men and women.

**Transgender** people are born as one sex but identify as the other sex.

In this report, we will be using **LGBT** to mean lesbian, gay, bisexual and transgender.



The LGBT Health and Inclusion Project hosted a meeting for LGBT people with learning disabilities and workers from LGBT and Learning Disabilities organisations.



Workers came from Brighton & Hove Speak Out, Allsorts Youth Project, the Adults Disability Team and the Community Learning Disability Team





We found that the spaces that are safe for LGBT people in Brighton and Hove, are not the same spaces that are safe for people with learning disabilities.

This means that LGBT people with learning disabilities might find it difficult to find safe spaces where they can be themselves.

## Challenges for LGBT people with learning disabilities



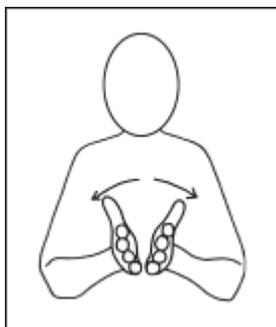
### Sex and Relationships

Some people with learning disabilities don't get enough support around sex and relationships.



### Shame

Some people might feel ashamed of being LGBT, or having a learning disability. This might make it hard to ask for support.



### Communication

Some LGBT services do not have easy-read information, and workers might not be able to meet communication needs, like signing.



## **Risk Assessments**

Some people with disabilities might find that risk assessments prevent them from exploring their sexuality and gender how they would like to.



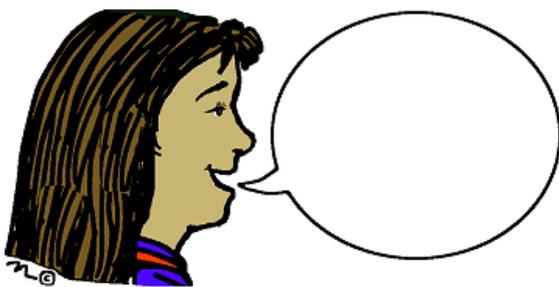
## **What care workers think or say**

Some people with learning disabilities might feel like their carers do not accept LGBT people, or that they disapprove.

## **Coming Out**

'Coming out' is when an LGBT person tells someone that they are lesbian, gay, bisexual or transgender.

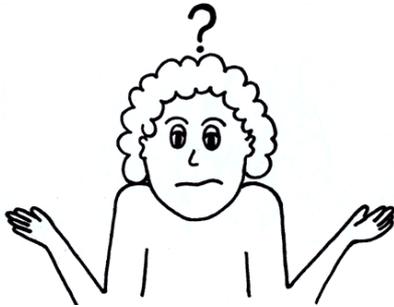
Some people with learning disabilities might not know who they can tell if they are LGBT.



Some workers might not ask people about their feelings around sex and relationships.

## Challenges for Workers

### Not enough knowledge



Some workers in LGBT services do not know enough about supporting people with learning disabilities.

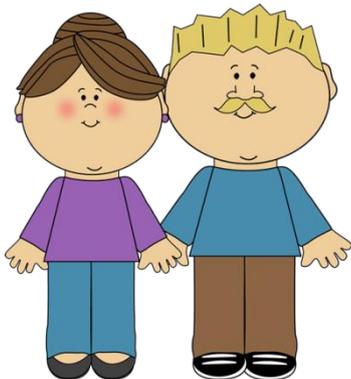
Some workers in learning disabilities services do not know enough about supporting LGBT people.

### Confidence



Some workers are not confident about their ability to support people with learning disabilities or LGBT people.

### Family



Some workers in learning disabilities services might worry that families won't like it if they support their relative around LGBT issues.

## Recommendations



### 1. Training

Workers in LGBT services should go on disability awareness training.

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### 2. Group for LGBT people with learning disabilities

Services should think about working together to set up a group for LGBT people with learning disabilities for support and to socialise.



### 3. Accessible Communication

LGBT services should make sure they have easy-read information and publicity.

## Next Steps



LGBT HIP will arrange a bigger meeting in 2015 for LGBT people with learning disabilities and workers to discuss how to work towards the recommendations.



For more information, please email:

Meg Lewis

[lgbthip@switchboard.org.uk](mailto:lgbthip@switchboard.org.uk)