

Transcript

Supporting people with learning disabilities to use technology: Understanding the potential benefits

[MUSIC PLAYING]

JANE SEALE:

Hi, I'm Jane Seale from The Open University. I've been working with self-advocacy groups to understand how best to support people with learning disabilities to access and use technologies. In this video, self-advocates and support workers will talk about the importance of helping people with learning disabilities to understand the potential benefits of using technology. The potential positive outcomes of using technology include: preventing loneliness and boredom, building self-confidence, and developing skills such as independent living and self-advocacy.

ROBERT:

I use technology because I live alone and I suffer with depression. So, I am using technology just to see, talk to friends, try and keep my health-- me feel better in myself as well. Knowing there are people out there that will help me, myself, knowing that I can rely on them as well, it's a good thing to have with people that-- and, obviously myself, it puts my confidence up as well so I can do things on my own and as a team.

ANDREW:

One person had-- didn't have the internet at all and the parents said, oh, that person doesn't need internet. But they do, especially in lockdown. And it's like the lockdown actually helped them because that person couldn't get online anyway. And since they've come online, this person's loving it and this person's-- she's never ever, ever spoken so much before. Her confidence has grown so much and she even takes over the social evening during her bingo sessions. It's great. It's just-- that's what we're here for, to get people confident and get them to do things themselves.

DAN:

So basically, what I've learned is you click the Transfer button. You can go in and you can choose what account you-- what account you are using, and you can choose from that account. And then-- and then you click From and you click Choose an Account. And then to-- so To Another Account. And then you can transfer that money.

ANDREA:

Excellent. Yeah.

DAN:

I'm looking for new houses. Yeah, I'm looking for somewhere to live and find my own place to live and live independently. So, I'm looking on the-- looking on the housing sites for flats to live in and bid on houses. So, I go on to-- go on to it. And when I go on to it, then you look at the house. and if you're interested, you click Bid and you're in this queue of people. And depending on how far in the queue you are, it says what number you are in the queue.

JANE SEALE:

So, Carinder, thank you for joining us. Can we start off by asking, can you tell us about the technologies that you use?

CARINDER:

I use-- well, I use my phone, my laptop, my iPad.

JANE SEALE:

So phone, laptop, and iPad. And what do you use them for?

CARINDER:

Basically, two of them are for meetings. I'm a part at Surrey Choices, I am also part of different organisations outside of Surrey Choices, so like Learning Disability England and also like every single thing.

JANE SEALE:

OK, so you use—

CARINDER:

It's mainly for meetings.

JANE SEALE: So, you use your technologies to join meetings with Surrey Choices and meetings with—

CARINDER:

And out of Surrey Choices.

JANE SEALE:

Yeah. And Learning Disability England.

CARINDER:

Yeah. And People First.

JANE SEALE:

Yeah. And what happens in those meetings?

CARINDER:

Basically, we talk about-- well, how my self-advocacy's going, about my self-advocacy. And we talk about whether we need to make self-advocacy better. This week, we've been Learning Disability Week. So we talk about lots of things what's happening with their disability.

JANE SEALE:

So, it's trying to raise awareness of learning disability, and particularly about the importance of self-advocacy?

CARINDER:

Yeah.