

With Inclusion in Mind

An easy read guide

The Scottish Government made a new law in 2003. It is called The Mental Health (Care and Treatment) (Scotland) Act 2003.

The new law says that local councils must help anyone who has a mental illness or a learning disability get the best from life. The Scottish Government gave each council extra money to do this.

This booklet is about how councils can help people.



What the new law says

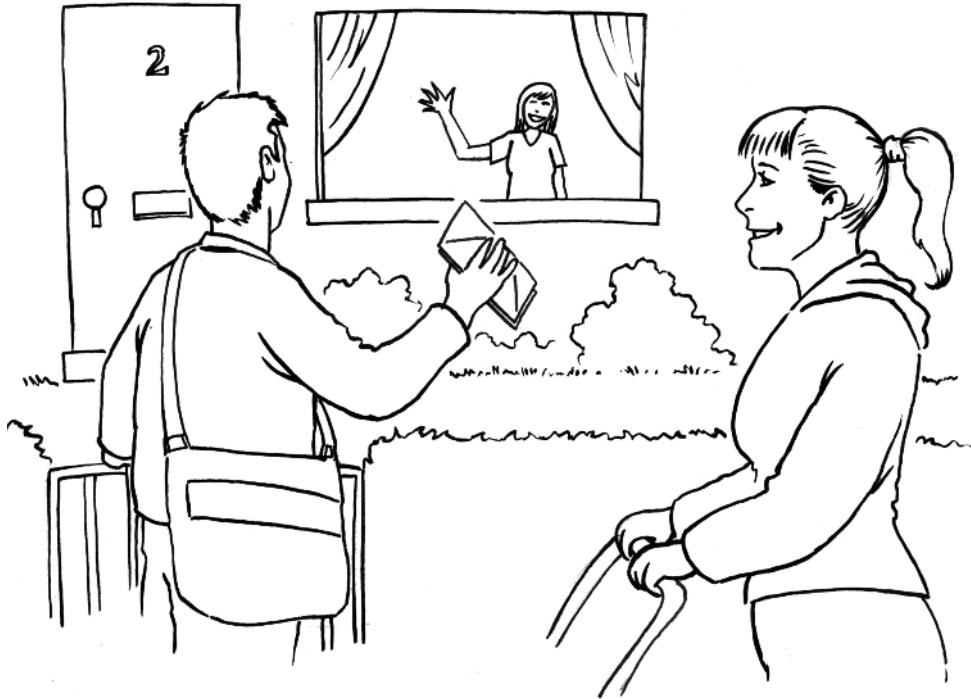
Local councils should not provide separate services for some people. They should make sure that people with learning disabilities and people with a mental illness can use all their services.

Councils provide lots of different services. The new law is about all their services. They need to think about things that affect:

- your home
- your community
- your work
- your money
- your family
- your education
- art and culture
- volunteering
- taking part
- your health.

Your council will make a plan to do things that will work in your area. They should involve local groups in making the plan.

The Scottish Government plans to check up on how well councils are doing. It hopes that people with learning disabilities and people with a mental illness will help it check on councils.



What councils can do

These are some of the things that councils can do to make things better for people with learning disabilities and people with a mental illness.

Your home

Council staff can:

- help people get to know their neighbours
- make information easier to read and understand
- give people the support they need to live in their own home.

Your community

Council staff can help people:

- make friends
- join in local events, like gala days or festivals
- stop bullying.



Your work

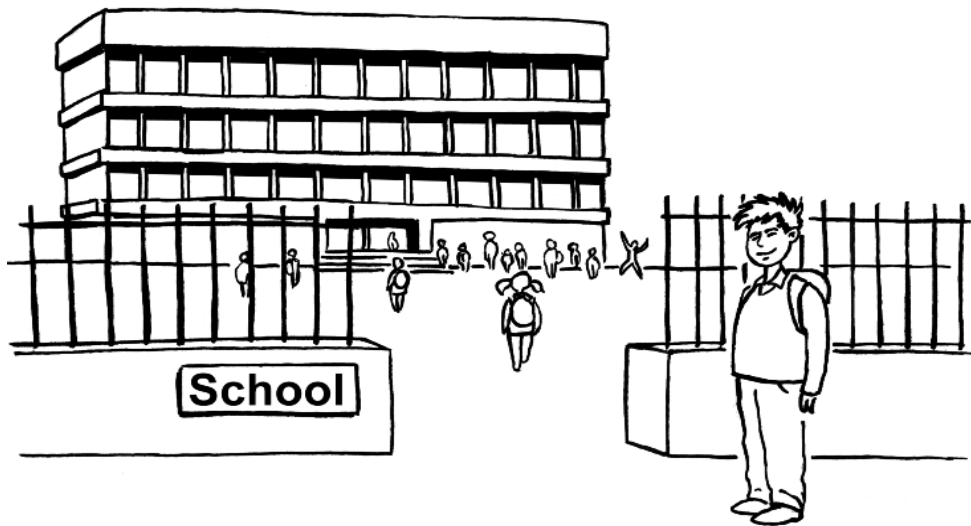
Councils can work with employers to:

- give people jobs
- let people work part time if they need to
- make sure they do not treat staff with learning disabilities or staff with a mental illness worse than others.

Your money

Council staff can help people:

- open a bank account
- get advice about benefits
- budget and manage their money.



Your family

Council staff can help people:

- be good parents
- take part in things at their child's school
- get support if they have a child with learning disabilities or a mental illness.

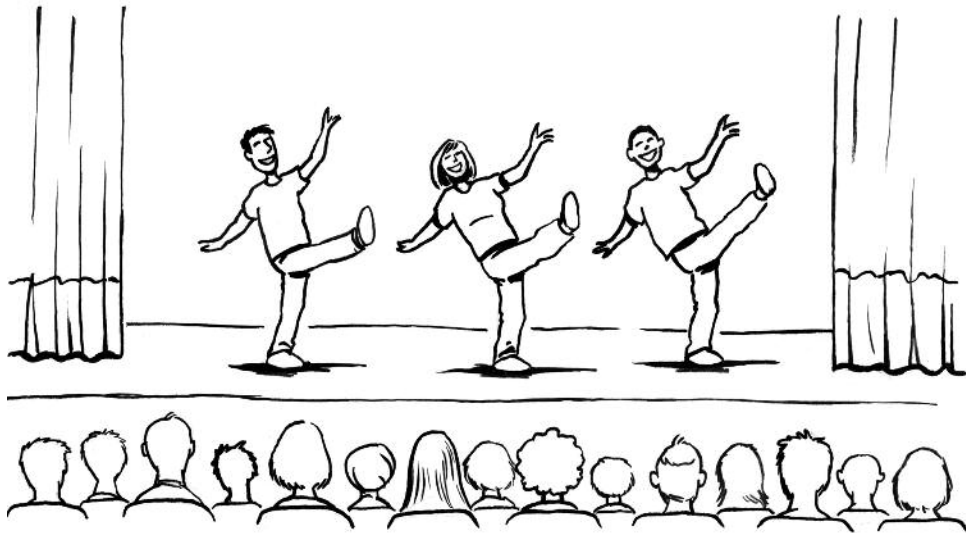
Your education

Schools can:

- welcome all children
- make it easier for children with learning disabilities or a mental illness to move on from school
- talk to parents, doctors and others about the best ways to help children with learning disabilities or a mental illness.

Councils can:

- make sure that adults can get help to improve their reading and writing if they want it
- help adults to go to college
- make sure college staff understand the needs of people with learning disabilities and people with a mental illness.



Art and culture

Councils can:

- make sure people can get the help they need to go to shows
- make sure people with learning disabilities or a mental illness can get involved in shows
- put on arts activities during the day as well as the evening.

Volunteering

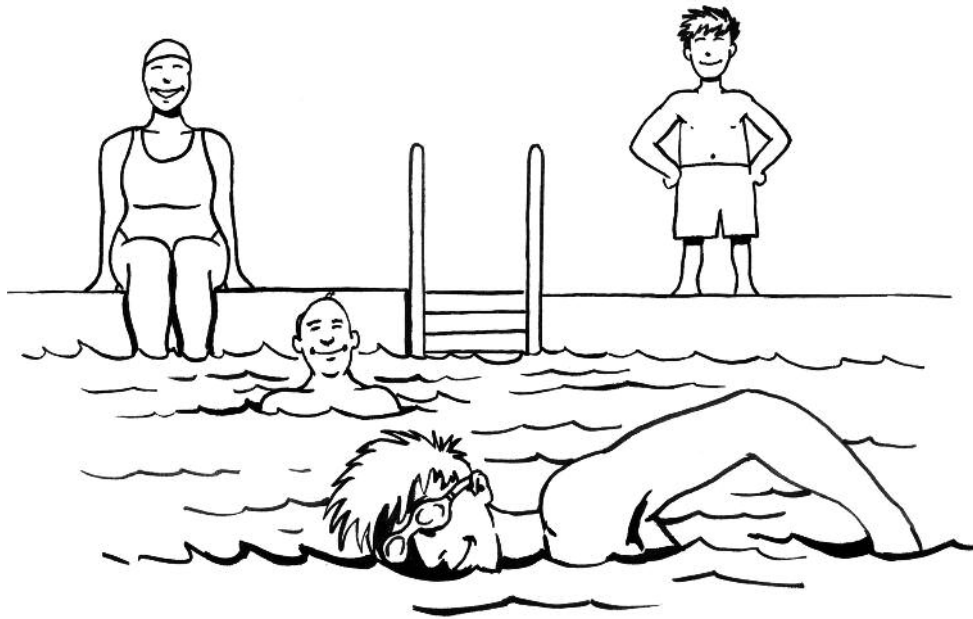
Councils can:

- take people on as volunteers
- give people information about where they can volunteer
- help people move from voluntary work to paid work.

Taking part

Councils can:

- involve people in decisions about services
- take notice of what people say
- make sure people can get an advocate when they want one.



Your health

Councils can:

- make sure that everyone can use council gyms and swimming pools
- think about how people who cannot get to the gym can get exercise
- give people the chance to try out ways of getting fit.

Health and social work can make sure that people can:

- get different services when their needs change
- get help to do things in the evenings and at the weekend
- make information easier to read and understand.



The Scottish
Government

© Crown copyright 2010

This document is also available on the Scottish Government website:
www.scotland.gov.uk

APS Group Scotland
DPPAS10003 (06/10)

For further copies please contact:

The Scottish Government
Room 3ER
St Andrew's House
Regent Road
Edinburgh
EH1 3DG

Telephone: 0131 244 4006

ISBN: 978-0-7559-9392-5



9 780755 993925