

A Digital Champion's Guide to helping a person with learning disabilities share their technology needs with others

Someone with a learning disability may find it difficult to communicate their technology related needs and goals to others. As a Digital Champion there are two important ways you can support your learner to share their technology needs:

1. Support you learner to decide and record what their technology related goals are.
2. Support your learner to share their technology related goals with others.

Supporting your learner to decide and record their technology related goals

Many people with learning disabilities receive some kind of formal support to help them live as independently as possible. Often the nature or focus of this support is informed by a care or support plan.

Usually, the person with a learning disability will have been involved in creating the plan. So, it might be helpful to ask your learner if technology is mentioned in their plan.

If technology use is not in the plan, but your learner has shown an interest in using it, you could help them record their technology related goals so they can be included in their careplan next time it is reviewed or updated.

Suggested strategy

Facilitate access to goal planning tools: There are several free goal planning tools available online that offer opportunities for people with learning disabilities to record technology related goals. Negotiate with your learner which tool(s) they would like to try and support them to use it. Here are some suggested tools:

Useful Resources



[When I grow up profile](#)

The Foundation for People with Learning Disabilities have produced a document that helps someone communicate all the things they like and are good at doing. On pages 14-15 there is a section where a person can record how well they can use computers and phones. You could support your learner to fill this in and use the activity to talk about what things they might need help with. This workbook helps young people with learning disabilities prepare for the future. On page 6 there is a section about 'My hopes and dreams for the next few years'. One of the options is to learn how to use a computer.



[My kind of future](#)

Supporting your learner to share their technology related goals with others

Once your learner has captured their goals, the next step is to support your learner to share this information with others. One quick way to do this is simply to print out and share the completed pages from the goal planning tools. A more creative way is to use technology to communicate these goals.

Suggested strategies

1. If you have access to a smartphone or a tablet with a camera, support your learner to use these to take photographs of them using technology. These can be shared with carers and support workers to start conversations about technology related goals (e.g. through Facebook or WhatsApp).
2. Support your learner to write a blog or create a PowerPoint presentation about their life and how they use technology or want to use technology. They can then share this with carers and support workers.
3. Support your learner to make a video about their life and how they use or want to use technology.

[Stay Up Late: Easy Read Guide to creating a blog](#)

A blog is someone's story that goes on a website. Stay Up Late is a charity that promotes the rights of people with learning disabilities to live the life they want to. They have created an easy-read guide to writing a blog.

[Ashley's week](#)

Ace Anglia host weekly blogs where people with learning disabilities use photographs and films to share what they have been up to.

Further Resources

- **Supporting people with learning disabilities to use technology: A toolkit for supporters** (Pages 24-25 provides examples of tools and apps that can be used to share photos and videos and talk about goals and aspirations)
<https://tinyurl.com/38x8dh78>
- **Supporting people with learning disabilities to use technology: A toolkit for people with learning disabilities** (Pages 7-8 show examples of how using a memory box can start conversations with support workers about technology goals)
<https://tinyurl.com/9jsywawb>