

# How to support people with complex learning disabilities

Everyone has the right to live the best life they can.

People with PMLD may need support for many parts of life. They deserve to be treated with kindness and have their rights and choices respected by the people who support them.

A group of people in the United Kingdom made standards to help improve the lives of people with PMLD.

## How can the standards help?

The standards may help improve many parts of life for people with PMLD, like:

- physical and mental health
- health and wellbeing services and support
- quality of life and opportunities
- communication
- connecting with family and the community
- helping health professionals know what to do.

## Who made the standards?

The standards were made by:

- family members
- health care professionals
- social workers
- teachers
- researchers.

# We trust this resource

We trust this resource because it is:

- Made to help, not for profit
- Made by people who know a lot about the topic

We've checked this resource, and you can [follow our guide to know if health information is true and right for you](#).

## This resource was made by

### Dr Thomas Doukas

Head of Inclusive

**Inclusive** means making sure everyone can take part and feel welcome. It is about including people with different:

- abilities, like whether they find it easy to remember things
- backgrounds, like where they come from or what language they speak
- needs, like if they need a wheelchair to move around.

Research & Involvement, Choice Support

- [Visit Choice Support UK](#)

### Annie Ferguson

### Show moreShow less

Senior Lecturer SEN and Inclusion, University of Northampton, PMLD Link Journal and Family Carer

- [Visit University of Northampton](#)

## **Michael Fullerton**

**Show moreShow less**

Director of Quality and Clinical Care, Care Management Group

## **Joanna Grace**

**Show moreShow less**

Founder of The Sensory Projects

- [Visit The Sensory Projects](#)