



Inclusive resources and signposting

The toolkit also contains practical information and resources to help you address any areas you have identified for improvement.

You can browse these resources below.



Fairness informed practice

[Helen Sanderson Associates: Person-Centered Thinking Tools](https://www.helensandersonassociates.com/person-centered-thinking-tools/)

[\(www.helensandersonassociates.com/person-centered-thinking-tools/\)](https://www.helensandersonassociates.com/person-centered-thinking-tools/)

Person-centred thinking tools are a set of easy-to-use templates that are used to give structure to conversations. Using them is a practical way to capture information that feeds into person-centred planning, as well as to improve understanding, communication and relationships.

[National Disability Practitioners](https://www.ndp.org.au/images/factsheets/346/2016-10-person-centred-approach.pdf) [\(www.ndp.org.au/images/factsheets/346/2016-10-person-centred-approach.pdf\)](https://www.ndp.org.au/images/factsheets/346/2016-10-person-centred-approach.pdf)

What is a person-centred approach leaflet.

[Dr Gavin Hutchison, 2024: Supporting people with learning disabilities who have experienced domestic violence and abuse through Fairness Informed Practice](https://www.sclد.org.uk/supporting-people-with-learning-disabilities-who-have-experienced-domestic-violence-and-abuse-through-fairness-informed-practice/) [\(www.sclد.org.uk/supporting-people-with-learning-disabilities-who-have-experienced-domestic-violence-and-abuse-through-fairness-informed-practice/\)](https://www.sclد.org.uk/supporting-people-with-learning-disabilities-who-have-experienced-domestic-violence-and-abuse-through-fairness-informed-practice/)

Includes access to an easy read version.

[Reasonable Adjustments](https://www.youtube.com/watch?v=sbeeyAPFAok) [\(www.youtube.com/watch?v=sbeeyAPFAok\)](https://www.youtube.com/watch?v=sbeeyAPFAok)

A video about what reasonable adjustments are and how you can make adjustments to support people with learning disabilities more effectively.

[Equality and Human Rights Commission: Information on the duty to make reasonable adjustments](https://www.youtube.com/watch?v=Wb5tM6Crkls) [\(www.youtube.com/watch?v=Wb5tM6Crkls\)](https://www.youtube.com/watch?v=Wb5tM6Crkls)

[Equality and Human Rights Commission: Disability Discrimination](https://www.equalityhumanrights.com/equality/equality-act-2010/your-rights-under-equality-act-2010/disability-discrimination) [\(www.equalityhumanrights.com/equality/equality-act-2010/your-rights-under-equality-act-2010/disability-discrimination\)](https://www.equalityhumanrights.com/equality/equality-act-2010/your-rights-under-equality-act-2010/disability-discrimination)

Information on the Equality Act (2010), disability discrimination, and reasonable adjustments.

[Equality and Human Rights Commission: Disability Discrimination](https://www.youtube.com/watch?v=GDpnXuLcBVw) [\(www.youtube.com/watch?v=GDpnXuLcBVw\)](https://www.youtube.com/watch?v=GDpnXuLcBVw)

A video about disability discrimination.



Decision-making

[Supported Decision Making](http://www.iriss.org.uk/resources/insights/supported-decision-making) (www.iriss.org.uk/resources/insights/supported-decision-making)

Overview of supported decision making.

[Practice resources](https://supporteddecisionmaking.com.au/my-rights/practice/) (<https://supporteddecisionmaking.com.au/my-rights/practice/>)

A series of practical and accessible resources to help you put supported decision-making into practice.

[People First \(Scotland\)'s Supported Decision Making Framework](https://peoplefirstscotland.org/wp-content/uploads/2019/02/Framework-Final.compressed.pdf) (<https://peoplefirstscotland.org/wp-content/uploads/2019/02/Framework-Final.compressed.pdf>)

Information and advice on supported decision-making from People First (Scotland), a national advocacy service led by people with learning disabilities.

[People First \(Scotland\) Key Message on Supported Decision-Making](https://peoplefirstscotland.org/wp-content/uploads/2025/05/Supported-Decision-Making-Key-Message.pdf)

(<https://peoplefirstscotland.org/wp-content/uploads/2025/05/Supported-Decision-Making-Key-Message.pdf>)

This document contains key messages from members of People First (Scotland) about supported decision-making in Scotland.

[The La Trobe Support for Decision Making Practice Framework Learning Resource](https://supporteddecisionmaking.com.au/resource/the-la-trobe-support-for-decision-making-practice-framework-learning-resource/)

(<https://supporteddecisionmaking.com.au/resource/the-la-trobe-support-for-decision-making-practice-framework-learning-resource/>)

An online learning resources that will help you to enable the people you support to exercise choice and control in their own lives.

[Helen Sanderson Associates: Person-Centered Thinking Tools](http://www.helensandersonassociates.com/person-centered-thinking-tools/)

(www.helensandersonassociates.com/person-centered-thinking-tools/)

Person-centred thinking tools are a set of easy-to-use templates that are used to give structure to conversations. Using them is a practical way to capture information that feeds into person-centred planning, as well as to improve understanding, communication and relationships.

[Disclosure Scheme for Domestic Abuse Scotland \(DSDAS\)](http://www.scotland.police.uk/advice-and-information/domestic-abuse/disclosure-scheme-for-domestic-abuse-scotland/) (www.scotland.police.uk/advice-and-information/domestic-abuse/disclosure-scheme-for-domestic-abuse-scotland/)

DSDAS allows individuals to request information about a persons history of abusive behaviour. This information can be used to prevent someone experiencing abuse in the future.

[Domestic Abuse, Stalking and 'Honour' Based Abuse \(DASH\) Accessible Checklist](#)



<https://equallysafe.sclد.org.uk/file-download/8/dash-accessible-cards.pdf>

An accessible risk assessment to identify high risk domestic abuse, stalking and 'honour' based violence, decide whether to refer someone to MARAC and any other support that may be needed.

[Multi-Agency Risk Assessment Conferences \(MARAC\)](https://safelives.org.uk/about-domestic-abuse/domestic-abuse-response-in-the-uk/what-is-a-marac/) (<https://safelives.org.uk/about-domestic-abuse/domestic-abuse-response-in-the-uk/what-is-a-marac/>)

MARAC's are multi-agency meetings where information is shared about people who are at high risk of serious harm or murder because of domestic abuse with the aim of safeguarding them. [You can find contact details for your local Marac here](https://safelives.org.uk/resources-for-professionals/marac-resources/find-a-marac/find-a-marac-scotland/) (<https://safelives.org.uk/resources-for-professionals/marac-resources/find-a-marac/find-a-marac-scotland/>) or access [Marac referral criteria and form here](https://safelives.org.uk/resources-library/marac-referral-criteria-and-form/) (<https://safelives.org.uk/resources-library/marac-referral-criteria-and-form/>) .

[Office of the Public Guardian](http://www.publicguardian-scotland.gov.uk/) (www.publicguardian-scotland.gov.uk/)

Information about Power of Attorney, Guardianship and intervention orders.

[Enable Communities](http://www.enable.org.uk/enable-communities/what-we-do/trustee-service) (www.enable.org.uk/enable-communities/what-we-do/trustee-service)

Enable Communities provide information, advice and guidance about what to do when someone has a legal guardian, power of attorney or appointee.

[Information Commissioners Office \(ICO\)](https://ico.org.uk/about-the-ico/who-we-are/scotland-office/) (<https://ico.org.uk/about-the-ico/who-we-are/scotland-office/>)

As well as operating an advice service to address general enquiries, the ICO promotes good practice in data protection by raising awareness of organisational responsibilities across all sectors.



Peer support

[Scottish Recovery Network Peer Support Hub \(https://scottishrecovery.net/peer-support/\)](https://scottishrecovery.net/peer-support/)

Contains information and resources about facilitating peer support.

[MIND - Developing peer support in the community: a toolkit \(www.mind.org.uk/media-a/4247/peer-support-toolkit-final.pdf\)](http://www.mind.org.uk/media-a/4247/peer-support-toolkit-final.pdf)

This toolkit:

- ▶ highlights several key decisions about how peer support might be organised
- ▶ suggests interactive activities to help you discuss issues as a group
- ▶ provides guidance on how to better understand and communicate your impact
- ▶ offers troubleshooting tips to help you overcome challenging situations.

[Central Advocacy Partners \(CAP\) Survivors Project \(https://cap.scot/\)](https://cap.scot/)

This project supports learning disabled and autistic woman and girls who live in Forth Valley, who have or are experiencing domestic abuse, to have their voice heard. They offer 1-1 advocacy and group support.

Learning disability advocacy services and support

Central Advocacy Partners are an experienced organisation offering independent advocacy to learning disabled and autistic individuals including 1-1 advocacy and group support. They lead various project including the Survivors Project.

Justice services and support

Central Advocacy Partners also offer support through their Victim Support Project and 1-1 independent advocacy .

[People First \(Scotland\) \(https://peoplefirstscotland.org/people-first-scotland/what-we-do/\)](https://peoplefirstscotland.org/people-first-scotland/what-we-do/)

Members come together in their local area to support each other, gain skills and confidence and campaign on issues that affect them. Local People First groups meet throughout Scotland.

[Values Into Action Scotland \(VIAS\) \(https://viascotland.org.uk/projects/\)](https://viascotland.org.uk/projects/)

VIAS offer a range of projects to empower women with learning disabilities.

Through their projects, VIAS supports women with learning disabilities sexual health, relationships, employment, finances, focused education and job coaching, as well as supporting political engagement.



Collaboration and co-production

[Helen Sanderson Associates: Person-Centered Thinking Tools](http://www.helensandersonassociates.com/person-centered-thinking-tools/)
(www.helensandersonassociates.com/person-centered-thinking-tools/)

Person-centred thinking tools are a set of easy-to-use templates that are used to give structure to conversations. Using them is a practical way to capture information that feeds into person-centred planning, as well as to improve understanding, communication and relationships.

[Scottish Co-production Network Co-production Guide](http://www.coproductionscotland.org.uk/guide) (www.coproductionscotland.org.uk/guide)

Information and resources about co-production.

[Scottish Co-production Network](http://www.coproductionscotland.org.uk/about-the-network) (www.coproductionscotland.org.uk/about-the-network)

The network run events, share resources and bring together people for the annual Co-production Week Scotland.

What is a learning disability?

[SCLD: What is a learning disability?](http://www.sclد.org.uk/what-is-a-learning-disability/) (www.sclد.org.uk/what-is-a-learning-disability/)

[Meet the Mencap Myth Busters](http://www.youtube.com/watch?v=NaM7c0iMess) (www.youtube.com/watch?v=NaM7c0iMess)

A video by people with learning disabilities who are challenging misconceptions about what living with a learning disability looks like.

[Do You See Me?](http://www.youtube.com/watch?v=0JMkvfrL5vs) (www.youtube.com/watch?v=0JMkvfrL5vs)

A video by people with learning disabilities about how to create communities where people with a learning disability are included, valued, and empowered to achieve their full potential.

[Treat me well - asking for reasonable adjustments](http://www.youtube.com/watch?v=DMV06K1oanA) (www.youtube.com/watch?v=DMV06K1oanA)

Video containing examples of reasonable adjustments you can make to ensure women with learning disabilities can get the support they need.



Evidence on gender-based violence and learning disability

[SCLD, 2023: Unequal, Unheard, Unjust: But Not Hidden Anymore. Women with Learning Disabilities' Experience of Gender-Based Violence in Scotland \(www.sclld.org.uk/unheard-unequal-unjust-but-not-hidden-anymore-new-report-launched-at-scotlands-learning-disability-and-gender-based-violence-conference-2023/\)](https://www.sclld.org.uk/unheard-unequal-unjust-but-not-hidden-anymore-new-report-launched-at-scotlands-learning-disability-and-gender-based-violence-conference-2023/)

Includes an easy read version.

[SCLD, 2018: Safe and Healthy Relationships: Empowering and Supporting People with Learning Disabilities through Education \(www.sclld.org.uk/resources-publications/\)](https://www.sclld.org.uk/resources-publications/)

[Scottish Human Rights Commission, 2023: "It's Not a Story, It's What Happened". Victim-Survivors of Gender-Based Violence: In Our Words \(www.scottishhumanrights.com/media/2599/istanbul-convention-lived-experience-report.pdf\)](https://www.scottishhumanrights.com/media/2599/istanbul-convention-lived-experience-report.pdf)

The Baseline Evaluation of the Implementation of the Council of Europe Convention on Preventing and Combating Violence Against Women and Domestic Violence. [Easy read version \(https://view.officeapps.live.com/op/view.aspx?src=https%3A%2F%2Fwww.scottishhumanrights.com%2Fmedia%2F2609%2Feasy-read-istanbul-convention-report-summary.docx&wdOrigin=BROWSELINK\)](https://view.officeapps.live.com/op/view.aspx?src=https%3A%2F%2Fwww.scottishhumanrights.com%2Fmedia%2F2609%2Feasy-read-istanbul-convention-report-summary.docx&wdOrigin=BROWSELINK)

[Scottish Human Rights Commission, 2023: Submission to the Council of Europe Group of Experts on Action against Violence against Women and Domestic Violence \(GREVIO\) Parallel Report for the Baseline Report in Monitoring the United Kingdom December 2023. \(www.scottishhumanrights.com/media/2595/istanbul-convention-report.pdf\)](https://www.scottishhumanrights.com/media/2595/istanbul-convention-report.pdf) [Easy read version \(https://view.officeapps.live.com/op/view.aspx?src=https%3A%2F%2Fwww.scottishhumanrights.com%2Fmedia%2F2609%2Feasy-read-istanbul-convention-report-summary.docx&wdOrigin=BROWSELINK\)](https://view.officeapps.live.com/op/view.aspx?src=https%3A%2F%2Fwww.scottishhumanrights.com%2Fmedia%2F2609%2Feasy-read-istanbul-convention-report-summary.docx&wdOrigin=BROWSELINK)

[Dr Gavin Hutchison, 2024: Supporting people with learning disabilities who have experienced domestic violence and abuse through Fairness Informed Practice. \(www.sclld.org.uk/supporting-people-with-learning-disabilities-who-have-experienced-domestic-violence-and-abuse-through-fairness-informed-practice/\)](https://www.sclld.org.uk/supporting-people-with-learning-disabilities-who-have-experienced-domestic-violence-and-abuse-through-fairness-informed-practice/)

Includes access to an easy read version.

[Zero Tolerance, 2024: It's all about control. Men's violence against disabled women. \(www.zerotolerance.org.uk/news/news-events/new-research-on-violence-against-disabled-women-its-all-about-control/\)](https://www.zerotolerance.org.uk/news/news-events/new-research-on-violence-against-disabled-women-its-all-about-control/)

[Barnardos, Cymru, 2015: Unprotected, Overprotected: Meeting the needs of young people with learning disabilities who experience, or are at risk of, sexual exploitation](https://www.barnardos.org.uk/learning-disabilities/young-people-with-learning-disabilities-who-experience-or-are-at-risk-of-sexual-exploitation)



www.barnardos.org.uk/research/unprotected-overprotected-meeting-needs-young-people-learning-disabilities-who-experience)

[Human Trafficking Foundation/ Snowdrop Project, 2022: Learning Disabilities and Modern Slavery: A post event report summary of the underexplored correlation between cognitive impairment and exploitation](http://www.snowdropproject.co.uk/article/learning-disabilities-and-modern-slavery) (www.snowdropproject.co.uk/article/learning-disabilities-and-modern-slavery)

[Human Trafficking Foundation/ Snowdrop Project, 2023: Learning Disabilities and Modern Slavery: Addendum](https://static1.squarespace.com/static/599abfb4e6f2e19ff048494f/t/6580337d4581d60d1b411ba4/1702900605761/HTF+Learning+Disabilities+%26+Modern+Slavery+Addendum.pdf)

(<https://static1.squarespace.com/static/599abfb4e6f2e19ff048494f/t/6580337d4581d60d1b411ba4/1702900605761/HTF+Learning+Disabilities+%26+Modern+Slavery+Addendum.pdf>)

[University of Nottingham Rights Lab, 2023: Intersections between exploitation and cognitive impairment](http://www.nottingham.ac.uk/research/beacons-of-excellence/rights-lab/resources/reports-and-briefings/2022/march/intersections-between-exploitation-and-cognitive-impairment.pdf) (www.nottingham.ac.uk/research/beacons-of-excellence/rights-lab/resources/reports-and-briefings/2022/march/intersections-between-exploitation-and-cognitive-impairment.pdf)

[Publications by Professor Michelle McCarthy, University of Kent](http://www.kent.ac.uk/social-policy-sociology-social-research/people/1447/mccarthy-michelle) (www.kent.ac.uk/social-policy-sociology-social-research/people/1447/mccarthy-michelle)

[Publications by Dr Gillian MacIntyre, University of Strathclyde](https://pureportal.strath.ac.uk/en/persons/gillian-macintyre/publications/) (<https://pureportal.strath.ac.uk/en/persons/gillian-macintyre/publications/>)

[Publications by Dr Ailsa Stewart, University of Strathclyde](https://pureportal.strath.ac.uk/en/persons/ailsa-stewart/publications/) (<https://pureportal.strath.ac.uk/en/persons/ailsa-stewart/publications/>)



Policy and legislation

[Scottish Government, 2023: Equally Safe: Scotland's Strategy for Preventing and Eradicating Violence Against Women and Girls.](https://www.gov.scot/publications/equally-safe-scotlands-strategy-preventing-eradicating-violence-against-women-girls/documents/) (www.gov.scot/publications/equally-safe-scotlands-strategy-preventing-eradicating-violence-against-women-girls/documents/) [Easy read version](https://www.gov.scot/publications/easy-read-equally-safe-strategy/) (www.gov.scot/publications/easy-read-equally-safe-strategy/)

[Scottish Government, 2024: Equally Safe Delivery Plan: Summer 2024 – Spring 2026.](https://www.gov.scot/publications/equally-safe-delivery-plan/documents/) (www.gov.scot/publications/equally-safe-delivery-plan/documents/) [Easy read version](https://www.gov.scot/publications/equally-safe-delivery-plan-easy-read-version/) (www.gov.scot/publications/equally-safe-delivery-plan-easy-read-version/)

[Scottish Government, 2023: The Independent Strategic Review of Funding and Commissioning of Violence Against Women and Girls Services.](https://www.gov.scot/publications/violence-against-women-girls-independent-strategic-review-funding-commissioning-services-report/documents/) (www.gov.scot/publications/violence-against-women-girls-independent-strategic-review-funding-commissioning-services-report/documents/) [Easy read version](https://www.gov.scot/publications/easy-read-violence-against-women-girls-independent-strategic-review-funding-commissioning-services-report/) (www.gov.scot/publications/easy-read-violence-against-women-girls-independent-strategic-review-funding-commissioning-services-report/)

[SCLD: Guest blog by Lesley Irving, Chair of The Independent Strategic Review of Funding and Commissioning of Violence Against Women and Girls Services](https://www.sclld.org.uk/a-call-for-standards-on-accessible-services-for-women-with-learning-disabilities-who-experience-gender-based-violence-guest-blog/) (www.sclld.org.uk/a-call-for-standards-on-accessible-services-for-women-with-learning-disabilities-who-experience-gender-based-violence-guest-blog/)

[United Nations, 2006: Convention on the Rights of Persons with Disabilities \(CRPD\).](https://www.ohchr.org/en/instruments-mechanisms/instruments/convention-rights-persons-disabilities) (www.ohchr.org/en/instruments-mechanisms/instruments/convention-rights-persons-disabilities)

Easy read versions: [IS164 07 Easyread UN Convention on Human Rights](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/345108/easy-read-un-convention.pdf)

(https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/345108/easy-read-un-convention.pdf) ; [Documents in plain language and Easy Read versions | OHCHR](https://www.ohchr.org/en/treaty-bodies/crpd/documents-plain-language-and-easy-read-versions) (www.ohchr.org/en/treaty-bodies/crpd/documents-plain-language-and-easy-read-versions)

[The Equality Act \(2010\)](https://www.equalityhumanrights.com/equality/equality-act-2010/your-rights-under-equality-act-2010/disability-discrimination) (www.equalityhumanrights.com/equality/equality-act-2010/your-rights-under-equality-act-2010/disability-discrimination)

[Accessible Information Standard](https://www.mencap.org.uk/advice-and-support/health/accessible-information-standard) (www.mencap.org.uk/advice-and-support/health/accessible-information-standard)

This piece of legislation aims to ensure that people with a disability are given information they can understand, and the support they need to communicate.



Gender-based violence and learning disability resources

[SCLD's Gender-Based Violence and Learning Disability Resources Hub](https://drive.google.com/drive/folders/1vtkJi703KDL6WjACy-UhvLz11pZdHQA7)

[\(https://drive.google.com/drive/folders/1vtkJi703KDL6WjACy-UhvLz11pZdHQA7\)](https://drive.google.com/drive/folders/1vtkJi703KDL6WjACy-UhvLz11pZdHQA7)

Contains a range of prevention and support resources for anyone supporting women and girls with learning disabilities who have experienced, or may be at risk of, gender-based violence.

[Own My story](http://www.ownmylifecourse.org/post/stirling-launch-of-our-easy-read-materials) (www.ownmylifecourse.org/post/stirling-launch-of-our-easy-read-materials)

'Own My Story' has been co-produced with Central Advocacy Partners to support women with learning disabilities who have been affected by gender-based violence.

The resource contains a suite of interactive easy read workbooks designed to inform and empower women who have experienced gender-based violence to regain control of their lives.

[Public Health Scotland: Gender-based violence and learning disability: Guidance for practitioners](https://publichealthscotland.scot/publications/gender-based-violence-and-learning-disability-guidance-for-practitioners/)

[\(https://publichealthscotland.scot/publications/gender-based-violence-and-learning-disability-guidance-for-practitioners/\)](https://publichealthscotland.scot/publications/gender-based-violence-and-learning-disability-guidance-for-practitioners/)

The guide aims to help people working with adults with learning disabilities who have experienced, or are at risk of experiencing, gender-based violence.

It explains how to recognise gender-based violence, and how to respond in a sensitive and effective way.

[Carmarthenshire County Council: Improving Support for people with Learning's Disabilities](http://www.anncrafttrust.org/the-transform-toolkit-improving-support-for-people-with-learning-difficulties-experiencing-abuse/)

[Experiencing Domestic abuse: Transform Toolkit](http://www.anncrafttrust.org/the-transform-toolkit-improving-support-for-people-with-learning-difficulties-experiencing-abuse/) (www.anncrafttrust.org/the-transform-toolkit-improving-support-for-people-with-learning-difficulties-experiencing-abuse/)

A toolkit to support people with learning disabilities experiencing domestic abuse.

The toolkit features accessible information to help people with a learning disability identify and escape abusive relationships.

[NHS Education for Scotland \(NES\): Essentials of Learning Disability](https://learn.nes.nhs.scot/75162)

[\(https://learn.nes.nhs.scot/75162\)](https://learn.nes.nhs.scot/75162)

A series of e-learning modules aimed at enhancing the quality of life of people with learning disabilities by improving understanding of their needs and experiences. The modules focus on person-centred and strength-based approaches to supporting people with learning disabilities who are facing challenges.

[NHS Education for Scotland \(NES\): Trauma](https://learn.nes.nhs.scot/61370) (<https://learn.nes.nhs.scot/61370>)



A range of resources and webinars to support trauma informed working with people with learning disabilities.

[Healthy Respect: Supporting young people's sexual health \(www.healthyrespect.co.uk/\)](http://www.healthyrespect.co.uk/)

This website contains a range of accessible resources about sexual health, relationships and abuse.

When you enter the site click 'turn easier to understand on' at the top of the page.

[Revenge Porn Helpline \(https://revengepornhelpline.org.uk/how-can-we-help/who-can-we-help/easy-reads/\)](https://revengepornhelpline.org.uk/how-can-we-help/who-can-we-help/easy-reads/)

Easy read intimate Image Abuse factsheets.

[Choice Support: Supported Loving \(www.choicesupport.org.uk/about-us/what-we-do/supported-loving\)](http://www.choicesupport.org.uk/about-us/what-we-do/supported-loving)

A range of guides, resources and organisations to help individuals, families and professionals support people with learning disabilities and/or autism to develop and maintain loving relationships.

[Somerset and Avon Rape and Sexual Abuse Support \(SARSAS\) Learning Disabilities and Autism Toolkit \(www.sarsas.org.uk/new-learning-disabilities-autism-lda-toolkit/\)](http://www.sarsas.org.uk/new-learning-disabilities-autism-lda-toolkit/)

A free resource designed to help professionals provide trauma-informed, accessible support tailored to the needs of women with learning disabilities and/or autism.

[SARSAS self-help guides \(www.sarsas.org.uk/support-and-information/sarsas-self-help-guides/\)](http://www.sarsas.org.uk/support-and-information/sarsas-self-help-guides/)

A range of self-help guides for victim-survivors and friends and families, available in different languages and easy-read.



Learning disability advocacy services and support

[Scottish Independent Advocacy Alliance](http://www.siaa.org.uk/find-an-advocate/) (www.siaa.org.uk/find-an-advocate/)

A national directory of independent advocacy services in Scotland.

[People First \(Scotland\)](https://peoplefirstscotland.org/) (<https://peoplefirstscotland.org/>)

National disabled people's organisation of adults with a learning disability in Scotland.

[Central Advocacy Partners Survivors Project](https://cap.scot/) (<https://cap.scot/>)

Independent advocacy for women and girls with learning disabilities and/ or autism who live in Forth Valley and have, or are, experiencing domestic abuse to have their voice heard.

[SCLD's Active, Connected, Included](http://www.sclld.org.uk/lets-get-active-connected-and-included/) (www.sclld.org.uk/lets-get-active-connected-and-included/)

A set of resources to help people with learning disabilities, those who support them and people who run community activities and groups to work together and become more included in their local communities.

Specialist learning disability teams

[Health and Social Care Scotland](https://hscscotland.scot/hscps/) (<https://hscscotland.scot/hscps/>)

Multi-disciplinary learning disability teams are located within health and social care partnerships in Scotland.

These teams are made up of a range of practitioners with specialist knowledge and skills in learning disability such as nurses, speech and language therapists, occupational therapists, social workers, and psychologists.

This website contains a directory of local health and social care partnerships in Scotland.



Accessibility training, consultancy and resources

<https://www.notlostanywhere.co.uk/> (www.notlostanywhere.co.uk/)

Not Lost Anywhere offers lived experience training and consultancy on a wide range of topics including learning disability, gender-based violence, care experience and lifelong conditions.

[Accessible Information Standard](http://www.mencap.org.uk/advice-and-support/health/accessible-information-standard) (www.mencap.org.uk/advice-and-support/health/accessible-information-standard)

This piece of legislation aims to ensure that people with a disability are given information they can understand, and the support they need to communicate.

[Web Content Accessibility Guidelines](http://www.w3.org/WAI/standards-guidelines/wcag/) (www.w3.org/WAI/standards-guidelines/wcag/)

A range of resources to help you make your website accessible to people with disabilities.

[Disability Equality Scotland \(DES\)](https://disabilityequality.scot/) (<https://disabilityequality.scot/>)

DES offers an easy read translation service, easy read training and inclusive communication workshops.

[Values Into Action Scotland \(VIAS\)](https://viascotland.org.uk/easy-read-translation-service/) (<https://viascotland.org.uk/easy-read-translation-service/>)

VIAS supports organisations to make their services more accessible. They do this by offering consultancy work and an easy read transcription service.

[People First \(Scotland\)](https://peoplefirstscotland.org/) (<https://peoplefirstscotland.org/>)

People First (Scotland) are a national organisation of adults with a learning disability who offer lived experience training and consultancy.

[Association for Real Change \(ARC\) Scotland](https://arcscotland.org.uk/training/) (<https://arcscotland.org.uk/training/>)

ARC Scotland provide a range of training including SVQs, lived experience, specialist and bespoke training.

[Passion 4 Social](https://accessibilityforall.scot/) (<https://accessibilityforall.scot/>)

Passion 4 social supports organisations to make their website and apps more accessible. They do this by carrying out accessibility audits and offering free webinars on accessibility.

[Disability Information Scotland](http://www.disabilityscot.org.uk/) (www.disabilityscot.org.uk/)

Disability Information Scotland provides a range of training to help ensure your online content is accessible to everyone.



[Dyslexia-friendly typed content](https://dyslexiascotland.org.uk/wp-content/uploads/2025/09/formats.pdf) (<https://dyslexiascotland.org.uk/wp-content/uploads/2025/09/formats.pdf>)

A guide to making your typed content more accessible to dyslexic readers.

[Contrast checker](https://contrastchecker.com/) (<https://contrastchecker.com/>)

A free checker tool to ensure your colour choices meet accessibility standards.

[NaviLens accessible QR codes](http://www.navilens.com/accessibleqrcode/) (www.navilens.com/accessibleqrcode/)

A free tool to make any QR code accessible for people who are blind or vision impaired.



Justice services and support

[Victim's rights in Scotland: easy read leaflet](http://www.gov.scot/publications/victims-rights-scotland/pages/7/) (www.gov.scot/publications/victims-rights-scotland/pages/7/)

Publication for people with learning difficulties describes how victims of crime should be treated within the criminal justice system, and what information, help and support they should receive.

[Appropriate Adult Services](http://www.cosla.gov.uk/about-cosla/our-teams/communities/appropriate-adult-services) (www.cosla.gov.uk/about-cosla/our-teams/communities/appropriate-adult-services)

An appropriate adult can help victims to understand what is happening and to communicate with the Police. They cannot give legal advice.

The Police can contact an appropriate adult to help and be in the room during Police interviews.

[Victim Support Scotland](https://victimsupport.scot/?_gl=1%2Aaoig3f%2A_up%2AMQ..%2A_ga%2ANjMzOTIxOS4xNzM3MTA5MjMz%2A_ga_B46DP52459%2AMTczNzEwOTIzMi4xLjEuMTczNzEwOTMwMS4wLjAuMA..)

(https://victimsupport.scot/?_gl=1%2Aaoig3f%2A_up%2AMQ..%2A_ga%2ANjMzOTIxOS4xNzM3MTA5MjMz%2A_ga_B46DP52459%2AMTczNzEwOTIzMi4xLjEuMTczNzEwOTMwMS4wLjAuMA..)

Victim Support Scotland provides support and information to people affected by crime.

[Scottish Women's Rights Centre](http://www.scottishwomensrightscentre.org.uk/) (www.scottishwomensrightscentre.org.uk/)

SWRC provides free legal information, advice, representation and advocacy support to self-identifying women in Scotland affected by violence and abuse. Services include legal and advocacy helplines, legal advice surgeries, advocacy support and legal representation.

[NHS SARCS](http://www.gov.scot/publications/easy-read-self-referral-sexual-assault-response-coordination-service-sarcs/) (www.gov.scot/publications/easy-read-self-referral-sexual-assault-response-coordination-service-sarcs/)

This leaflet provides information on how to self-refer to a Sexual Assault Response Coordination Service (SARCS) in an easy read format. It provides information on accessing healthcare through NHS Scotland for anyone who has been raped or sexually assaulted.

[Crown Office and Procurator Fiscal Service \(COPFS\): Easy read publications](http://www.copfs.gov.uk/publications/?db=&&mb=&&yb=&&da=&&ma=&&ya=&&publication=3160&&keyword=)

(www.copfs.gov.uk/publications/?db=&&mb=&&yb=&&da=&&ma=&&ya=&&publication=3160&&keyword=)

When you access the page filter publication type to 'easy read'.



Gender-based violence support services

[NHS SARCS](http://www.gov.scot/publications/easy-read-self-referral-sexual-assault-response-coordination-service-sarcs/) (www.gov.scot/publications/easy-read-self-referral-sexual-assault-response-coordination-service-sarcs/)

This leaflet provides information on how to self-refer to a Sexual Assault Response Coordination Service (SARCS) in an easy read format. It provides information on accessing healthcare through NHS Scotland for anyone who has been raped or sexually assaulted.

[Scottish Women's Aid](https://womensaid.scot/) (<https://womensaid.scot/>)

[Rape Crisis Scotland](http://www.rapecrisisscotland.org.uk/) (www.rapecrisisscotland.org.uk/)



Communication

[Helen Sanderson Associates: Person-Centered Thinking Tools](http://www.helensandersonassociates.com/person-centered-thinking-tools/)
(www.helensandersonassociates.com/person-centered-thinking-tools/)

Person-centred thinking tools are a set of easy-to-use templates that are used to give structure to conversations. Using them is a practical way to capture information that feeds into person-centred planning, as well as to improve understanding, communication and relationships.

[Accessible Information Standard](http://www.mencap.org.uk/advice-and-support/health/accessible-information-standard) (www.mencap.org.uk/advice-and-support/health/accessible-information-standard)

This piece of legislation aims to ensure that people with a disability are given information they can understand, and the support they need to communicate.

[Communication: speaking to people with a learning disability](https://www.youtube.com/watch?v=lyV1v-nib38) (www.youtube.com/watch?v=lyV1v-nib38)

A video about communicating with people with learning disabilities.

[Communicating with people with a learning disabilities](http://www.mencap.org.uk/learning-disability-explained/communicating-people-learning-disability) (www.mencap.org.uk/learning-disability-explained/communicating-people-learning-disability)

A guide about how to communicate with people with learning disabilities.

[Scotland's Inclusive Communication Hub](https://inclusivecommunication.scot/) (<https://inclusivecommunication.scot/>)

Tools and guidance on how to make your communications accessible to people with disabilities.

[Talking Mats](http://www.talkingmats.com/) (www.talkingmats.com/)

Talking Mats are a communication system that uses symbols and other images to communicate with people with learning disabilities.