



STAY UP LATE SCOTLAND

- **What is it all about?**

Stay Up Late Scotland is a network of people and organisations who are all committed to enabling people with learning disabilities to lead great social lives

It's not just about staying up late!

Get in touch at: stayuplatescotland@gmail.com or join us on Facebook at 'Stay up Late Scotland'

A manifesto for an ordinary life

This is what adults with learning disabilities have told us they need to be able to lead an ‘ordinary life’

- Choose where I **live** and who I **live with**
- Choose my **support staff**
- Have **happy staff** who love their job
- Choose my **friends** and have a **social life**
- Choose how I **spend my time**
- Choose what time I go to **bed**
- I want the right to have **relationships** and a **sex life**
- I want to be **active** and **welcome in my community**
- I want to have a **proper paid job**
- I don't want bad stuff said about me in the **media** because of my disability

Nothing special, just ordinary. Right!



www.stayuplate.org