

Easy Read report

# Life in Wales for people with a learning disability

 **mencap** Cymru

# Using this report



This is an Easy Read version of: **State of the Nation Report 2025: Voices of Wales's learning disabled citizens.**



You might need help to read it. Ask someone you know to help you.



Where the document says **we**, this means **Mencap Cymru**. For more information contact:

**Website:** [wales.mencap.org.uk](http://wales.mencap.org.uk)

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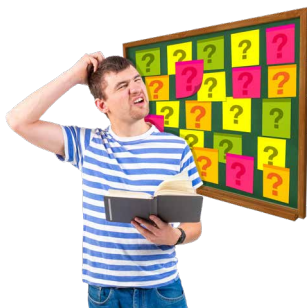
# About this report



This report is about what life is like in Wales for people with a learning disability.



This report is based on what people with a learning disability said.



This report gives a quick look at some of the biggest issues.

# About this report



We want political parties and decision makers to read this report.



So they can make changes that help improve the lives of people with a learning disability.

# What we did



We asked people with a learning disability to share their views through a survey.



We sent the survey out in June 2025.



We held 2 events in May to ask people with a learning disability what should be in our survey. We worked with people as equal partners.



427 people answered the survey. We were able to use answers from 236 people.

# What we did



People answered the survey online and in person. They could answer in English or Welsh.

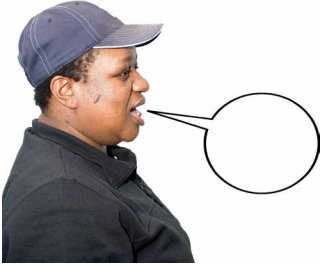


We also sent paper copies of the survey to people who wanted them.



Thank you to everyone who helped us share this survey. Thank you to everyone who answered and shared their views.

# What we found out



**This what people with a learning disability said:**



4 in every 20 said they do not feel part of their community.



4 in every 20 said they do not choose where they live, or who they live with.



5 in every 20 said they had not been offered an Annual Health Check in the last year. This is a free health check that people with a learning disability can have every year.

# What we found out



8 in every 20 said they found it hard to get their Annual Health Check.



Over 5 in every 20 said they do not have a bus pass.



Most said they prefer to buy things with cash.

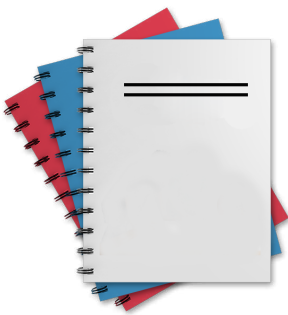


Most said they did not have a romantic partner. Like a boyfriend or girlfriend.

# What next



This is our first report about what life is like in Wales for people with a learning disability.



We will be writing more over the next 3 years to make sure the voices of people with a learning disability are heard.



We asked people what Welsh Government should do to make Wales a better place for people with a learning disability.

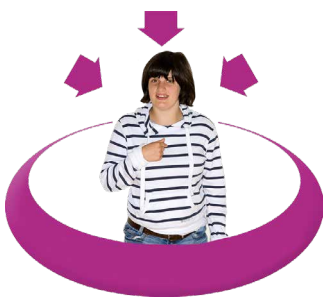


People talked about things like transport, housing and health and social care.

# What next



We will write a report about this and share it before the Senedd Election in 2026.



**Kylie Williams, Self-Advocate and Member of Mencap's Voices Council said:**



This report shows that many people with a learning disability still face issues living a full life.



Many of the issues in this report happen in my everyday life.

# What next



Over the last few months, people like me have shared our stories.

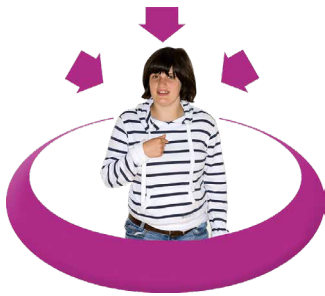


It is important that we are heard. We know what affects us, what we need, and what helps us.



If Wales is going to be a better place for people with a learning disability, the people in charge need to listen to us and act.

# What next



Please remember:

I have opinions.

I have rights.

I have dreams.



Listen to me. Respect me. Include me.

**My voice matters.**



If you have a learning disability, or are a family member or carer of someone with a learning disability and would like advice, you can contact the **Wales Learning Disability Helpline:**

**Email:** [helpline.wales@mencap.org.uk](mailto:helpline.wales@mencap.org.uk)

**Phone:** 0808 8000 300