See Me as a Human Being Summary

How people working in social care think and feel.

Does this change the choices disabled people have when living on their own.

Launch date: 3rd December 2020

drill Disability Research on Independent Living & Learning
Disability Action
COMMUNITY FUND

This report was put together by Disability Research on Independent Living and Learning (DRILL)©

Here are some ways you can find out more information about DRILL.

Go to their website.
www.drilluk.org.uk

Look at their Twitter.
@drill_uk
#seemeasahumanbeing

Call them.
028 9029 7880

Text them on their Textphone.
028 9029 7882

1. Introduction

This research looked at two things.

1. How people think and feel about disabled people. This can make a big difference to disabled people's lives.

2. Adult social care. Social care is support given to help people with their health and wellbeing. It was created to support people to live as freely as possible.

The research wanted to find out two things.

1. How does the way people think and feel make a difference to disabled people's social care.

2. How does this change the choices and experience disabled people have when living on their own.

The way people think and feel matters to disabled people.

This research let disabled people talk about
- their social care
- and how other people's thoughts and feelings about them can make a difference.

It also looked at the experience of people working in social care

to understand the problems they face at work.

Human rights have been very important in doing this work.

Human rights are rights and freedoms that belong to everyone in the world. For example, the right to life.

---

2. Co-production

Co-production is when disabled people work with others to plan and do work that will affect them.

'Nothing about us without us' means the people who a policy is about should help write the policy.

Co-production makes sure research is led by disabled people from start to finish.

3. Methodology

Methodology is the way you do something.

Co-production was a big part of our methodology.

We used quantitative and qualitative research.

Quantitative research is information put into numbers.

Qualitative research asks people questions to find out what they think.

Here are the research methods we used.

- We looked at research that has already been done.

- We had 4 focus groups with disabled people.
- We had 1 focus group with social care managers.

Focus groups are when people come together to talk about a subject.

- We had 14 interviews with disabled people.

- We had an online survey of social care workers and social workers. 550 people did the survey.

4. What we Found Out

The 2 big things our research found were:

1. Disabled people often do not get their human rights or needs fully met in adult social care.

2. Bad thoughts and feelings can stop disabled people from living as independently as they could be.

Disabled people said they did not get their basic human rights. Social care did not always help them with all their needs.

They talked about why this happened.

They said some people had a bad way of thinking when doing their work.

They also said policies look more at staff and money than good or bad ways of working.

This research makes us think there is a problem with the adult social care system.

We can say the way people think and feel about disabled people changes policy.

Both how policy is made and how it is used.

People who work in social care agreed with what disabled people said.

We looked at information from interviews and focus groups.

We looked at how people felt and their problems with using social care.

6 key areas kept being talked about:

1. Getting information about living on your own.

2. How people think and feel about disabled people.

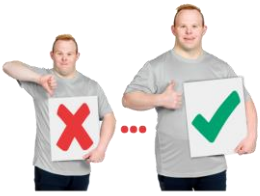
3. Not believing that people are experts when they have real lived experience.

4. Not having good care all the time.

5. Feeling good about yourself, feeling you are worth something and having trust.

6. Choice and control.

5. What we think this means



- Disabled people think social care should be better. It is not good enough at the moment.

- Adult social care should be seen as important.

- Adult social care should have more money.

- Disabled people should be seen as important.

- Disabled people should be treated better.

The law says that Governments have to look after disabled people’s human rights and freedoms.

A **right or freedom** is something you are allowed to do, say or think. For example you have the right to live and no one should hit or hurt you.

Governments must get everyone to respect disabled people more.

See Me as a Human Being helps social care staff make good changes in how they see and think about disabled people.

See Me as a Human Being tries to make it easy for disabled people to choose and control their independent living.

More work needs to be done on how people think and feel about disabled people.

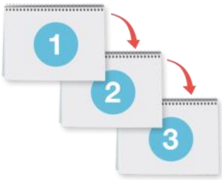
This work should be done with disabled people, their groups and friends.

6. Things that need to happen next

Government and people who make decisions on social care should:

- Give more money for social care.

- Make sure there are enough staff, buildings and equipment.



- Have a good plan.

- Create a social care system that makes sure disabled people have their human rights. This means people's human rights are more important than money.

- Social care needs to have enough money to make sure it can keep going.

- Social care should be fair and equal. It should make sure everyone has the care they need.

- Everyone should have the same level of support and care no matter where they live.

- Social care should give good care all the time.

- Social care should treat people with dignity and respect. Give people choice and control.

- It is very important that social care listens to the voices of disabled people.

- Disabled people should be involved and help to write plans for social care.

- Disabled people should be seen as experts in their own lives and in living with their disability.

See Me as a Human Being:
Executive Summary

How attitudes within the social care system impact on the independent living choices of disabled people

Launch date: 3 December 2020

For more information please read the full See Me as a Human Being report

Disabled people worked with three groups to make this report.

The three groups were:

- The DRILL National Advisory Group
- Disability Action Northern Ireland
- The Northern Ireland Social Care Council

Here is more information about these groups

The Disability Research on Independent Living and Learning (DRILL) National Advisory Group.

The National Advisory Group helps DRILL look carefully at what research to do in Northern Ireland.

It helps DRILL to do good research. It gives advice on what will work.

It tells people about research that has been done. It shares reports.

The National Advisory Group is made up of:

- disabled people

- human rights activists

These are people working to change how people are treated.

- people from groups that are run by disabled people, for disabled people

- people who teach at universities

- groups that do research and make policies

Policies are what groups say they are going to do, when and why.

- leaders in organisations.

The National Advisory Group has more people with a disability than people with no disability.

For more information go to this website.

http://www.drilluk.org.uk

Disability Action works with people who have

- physical disabilities

- learning disabilities

- sensory disabilities, like people who can’t hear or see

- disabilities you can’t see
- and mental health disabilities.

They work to support and protect the human rights of disabled people.

For more information go to this website www.disabilityaction.org

The Northern Ireland Social Care Council

The Social Care Council helps people working in social care be better at their jobs.

They keep a list of everyone working in social care.

They tell people working in social care how they should behave at work.

They tell people working in social care how to do their jobs right.

They help people working in social care to learn new information and skills.

For more information go to this website.
https://niscc.info/about

Things that disabled people said at their interviews

To be seen as a person and not as a reference number or a statistic.

The most fundamental thing I would change would be for them to treat me as a person rather than an object.

I am not an illness or a disability, those are just things that make up who I am as a person.