

'Supporting People with Intellectual Disabilities to Have a Good Life as They Grow Older: a Training Pack and a Self-Study Guide', written by Christine Towers for Pavilion Publishing

This training pack offers an invaluable resource for positive and realistic future planning, acknowledging the potential disadvantage and discrimination experienced by many people with learning disabilities, but also building on their strengths and aspirations. The training materials explore the potential changes imposed by ageing on us all, including health needs; housing options; maintenance of social networks and the management of age specific challenges such as finance, mobility and end of life care. But the key theme is the all-important one of achieving an active and fulfilling later life.

Planning for the inevitable transitions in later life can be difficult for us all – and particularly for family carers who may be fearful of contemplating their adult child's life without family support and for commissioners anxious about disrupting established packages of support. But the pack offers a wealth of practical advice, identifies multiple opportunities for managing transitions well. Very importantly the training activities enable us all to think both differently and positively about ageing and intellectual disability.

Christine Towers challenges us in the training materials, to explore a range of options for creating a safe and satisfying home life as people age. But she also asks us to look beyond traditional 'services' and reflect on *'the idea of people being supported to be active as they grow older'*, inviting the reader to consider *'What might active citizenship mean for the people you support?'* The past decade has transformed our expectations of the potential of people with intellectual disabilities to lead good lives in their families and communities. This training manual takes us further in considering how to plan constructively for later life, how to think creatively about maximising independence and above all else how to communicate and have the all-important conversations about future planning.

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