

We are looking for people to work with us as
Quality of Life Reviewers on a new research project.

The project:



This project will look at **how** people with a learning disability, who are also **Black, South Asian** or **mixed heritage**, are being supported.

We want to find out if their support matches their **ethnicity**.



Sometimes people say **ethnicity** to talk about things like:

- Where your family originally comes from
- The colour of your skin
- What language you speak
- The food you eat
- Your traditions or religion



For example, if your grandparents came to Britain from India, you may speak Punjabi at home.

You might enjoy *halwa* (Indian sweets) and celebrate Diwali and other Sikh festivals.

You might say your ethnicity is **British Indian** or **British Asian**.



If your parent's families originally come from different countries, you might say you are **mixed heritage**.

For example, if your father's family comes from England and your mother's family are Jamaican.



If your family originally comes from England, Wales, Scotland or Ireland, you may say that your ethnicity is **White British**.



In Britain, you may also hear people say people are from an **ethnic minority**, which means they are not White British.



Everyone has an **ethnicity** and it is important to be respectful of people no matter what their ethnicity is.



When people do not respect other people because of their ethnicity, we call this **racism**.

Racism means being treated unfairly or badly because of your ethnicity or the colour of your skin.



Changing Our Lives **does not** support racism and **stands up to it** in our work.

Who are Changing Our Lives?



Changing Our Lives works with people with a **learning disability** and **autistic people** to make sure they have the right support to lead an **ordinary life**.



Having an **ordinary life** means that:

- You have **friends**
- You take part in **education** that improves your life
- You choose **where** you live and **who** you live with
- You may have a **job**
- You will make **choices** in your life, sometimes with support



The role: Quality of Life Reviewer



You will be paid for this role.

Things you will do:



You will work with a member of the Changing Our Lives team.



You will meet with people with a learning disability from different ethnic minorities.

They might live in their own home with support, or live in a residential home.



You will meet with people in their home or maybe somewhere else like a cafe.

You may also meet people's support staff and family members.

Things you will do:



You will talk to people about their lives and how the support they get considers and fits with their ethnicity or background.



For example, if a person speaks a different language to English, like Punjabi, does anyone who supports them understand or speak the same language?



If a person is Muslim, is their food *halal*?

Does the person get support to pray and celebrate Islamic festivals?



If a person has Afro hair and Black skin, do they get support to look after it properly?



To find this out, you will look at how staff work with the person.



You will look at things like care plans and Communication Passports.



You will work with a member of the Changing Our Lives team.

Together you will decide on the **most important** things you learned during the visit.



These things will be written up in a **report** for other people to read and learn from.

Things you must be able to do:



Work with a member of the Changing Our Lives team as an **equal**.



Attend training sessions to learn about **research** and other things you will need to know for the job.

Research means finding out how things are done and writing up your findings in a report for other people.



Come to meetings about the work. Sometimes these will be **online** and sometimes these will be **face to face**.



You will need a **laptop** or **tablet** to join us online.



Travel to different places on **public transport**. Some of your days might be long.



Sometimes you may need to stay overnight at a hotel if you have to travel far.



Be confident talking to people and asking questions.

Make people feel comfortable and relaxed when you are talking to them.



Understand what an **ordinary life** is and want to **stand up to racism**.



Keep this work **confidential**.

This means you will not be able to speak to anyone else apart from Changing Our Lives staff about who you meet on the visits or what you find out.