



Disability Unit

# The lives of disabled people in the UK



Easy  
Read

# Easy Read



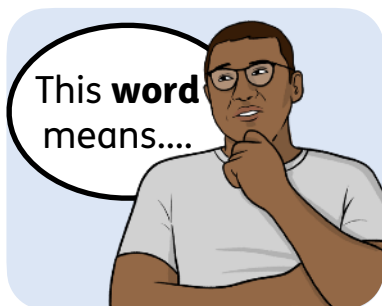
This is an Easy Read version of some information. It may not include all of the information but it will tell you about the important parts.



This Easy Read booklet uses easier words and pictures. Some people may still want help to read it.



Some words are in **bold** - this means the writing is thicker and darker. These are important words in the booklet.



Sometimes if a bold word is hard to understand, we will explain what it means.



[Blue and underlined](#) words show links to websites and email addresses. You can click on these links on a computer.

# What is in this booklet

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You can fill in a quick survey to say what you think about this Easy Read booklet:  
[info.easy-read-online.co.uk/easy-read-feedback-survey](http://info.easy-read-online.co.uk/easy-read-feedback-survey)

# About this booklet



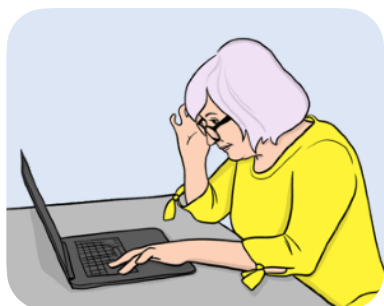
This booklet is from the Disability Unit, which is part of the **Cabinet Office**.

The **Cabinet Office** is part of the government, which runs the country.



We wanted to understand more about disabled people's **lived experience** in the UK.

**Lived experience** is the knowledge and understanding of disabled people, people with a health condition or carers.

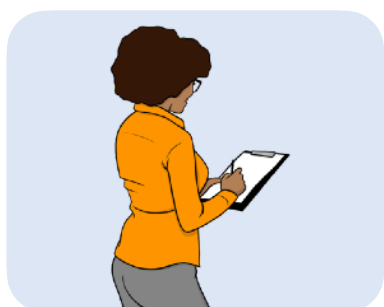


So we asked the University of Leeds to find reports and articles about disabled people and different parts of their lives.



They selected 1,500 articles and reports which are in a **database**.

A **database** is a way of storing information, normally on a computer.



They also looked at the reports in more detail.



This booklet will tell you more about what we found out.

# What we found out



It can be difficult for disabled people to take part in life in the UK.



It is difficult for disabled people to get into and around a lot of different places, like buildings and transport.

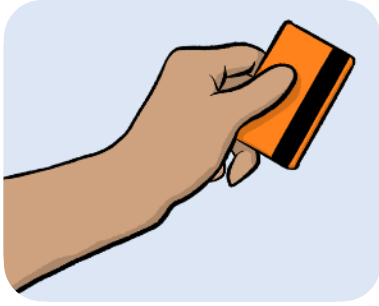


It can be difficult for disabled people to choose the right support for their needs.



Disabled people sometimes find it difficult to get the healthcare they need, because healthcare services do not give enough information or make **reasonable adjustments**.

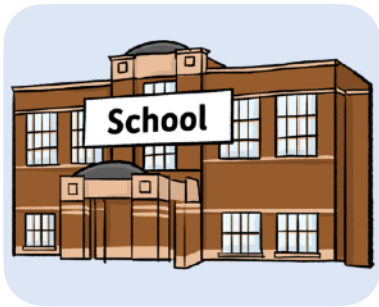
**Reasonable adjustments** are changes that places and services can make so that disabled people can take part like everybody else.



Disabled people are often treated badly, like being hurt or used for their money.



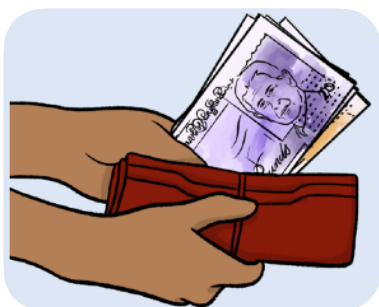
They also find it difficult to use the police or courts to deal with bad treatment.



Schools need to do more to support disabled people and make sure everyone can learn.



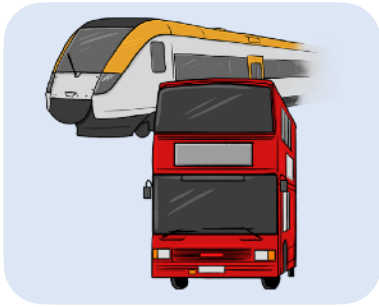
Disabled people find it difficult to get and keep jobs.



It can be difficult for disabled people to get the money they need to live a good life.



There are not enough houses that disabled people can live in, and it is too difficult to get changes made to houses.



A lot of disabled people find it too difficult to use public transport, like buses and trains.



Disabled people find it difficult to do fun activities like other people do.



Disabled people need more support to have relationships and children.



People often think badly about disabled people and treat them unfairly.



What we found from looking at all the articles and reports is that disabled people have difficulty in lots of different parts of life in the UK.



The government and other organisations need to do more to help disabled people live good lives.

# Find out more



You can look at our website here:  
[www.gov.uk/government/organisations/disability-unit](http://www.gov.uk/government/organisations/disability-unit)

You can contact us by:



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This is because it may take longer for us  
to reply by post.

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