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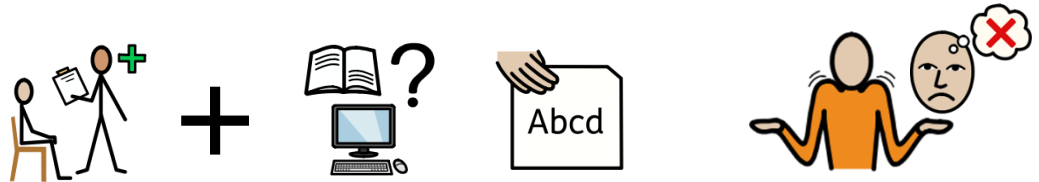
EASY-READ SUMMARY

# **Un-Labeling the Language: Exploring Labels, Jargon and Power through Participatory Arts Research with Arts Therapists and People with Learning Disabilities**

**Authors: Nicki Power, Emma Millard, Artists and Activists at The Lawnmowers Independent Theatre Company, Catherine Carr**



Reading, writing, and talking can be hard for some people with learning disabilities.



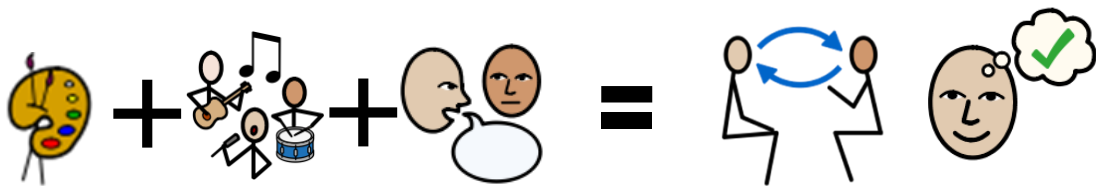
Sometimes, Health Services and Research use words people don't understand.



This can stop people getting the help they need or sharing their views.

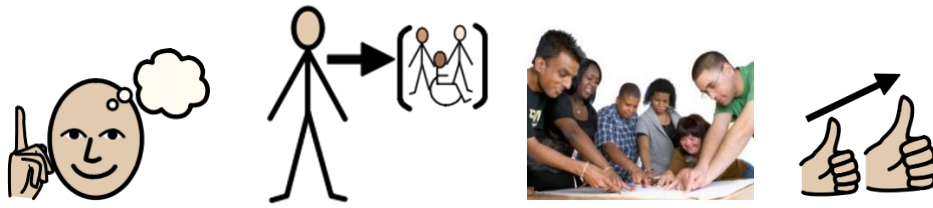


A group of people with learning disabilities and arts therapists met.

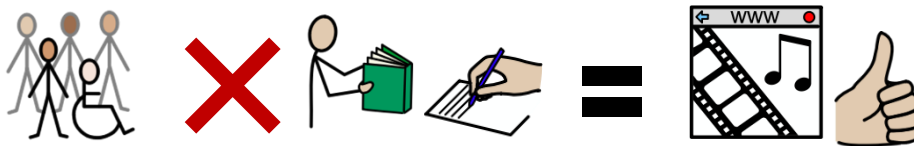


Together, we used art, music, and talking to understand some of these problems.

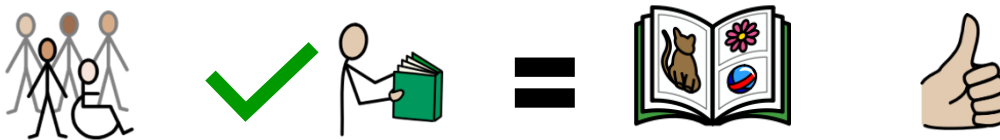
## Recommendations for Health Services and Research



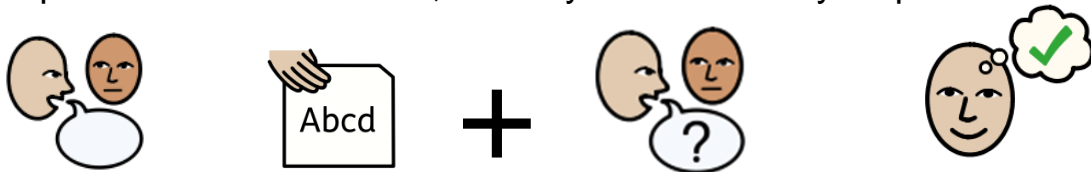
We had some ideas to help include more people with learning disabilities:



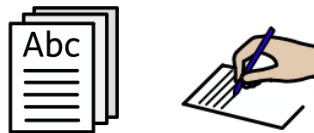
- For people who cannot read or write, making a video helps.



- For people who can read a little, an easy-read summary helps.



- When talking, use simple words and check the person understands you.



This paper was written by:



**Nicki Power**  
Art Therapist



**Catherine Carr**  
Music Therapist



**Emma Millard**  
Music Therapist



**The Lawnmowers Independent Theatre Company**  
(some of the actors)

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