

## Some important messages about making sure social prescribing works for people with learning disabilities and autistic people

### What people and their supporters can do



**Think about what you really love** to do or are interested in



**Tell the link worker and community groups as much as you can** about what matters to you and any support you need



**Be brave** to take new steps and try new things



**Try to get support** to go to things if needed – this might be from a family member, friend, volunteer or paid supporter

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**Ask the link worker to keep things local**



**Supporters - keep things consistent** so the person can make friends and connections in the place they go



**Supporters can help by motivating the person** and helping them feel brave if they get cold feet, trying new things can be scary