



This is My Life, Hear Me, Help Me is a research report about what disabled children and young people think about the support they have from services.



The Disabled Children's Partnership did the research.



The Disabled Children's Partnership is a group of more than 120 organisations that campaign for disabled children and their families.



They did a survey with disabled young people, aged 11 – 15 years in England in December 2023 and January 2024.



640 disabled young people answered the questions.



The Disabled Children's Partnership wanted to know what disabled young people think about the support they get.



Some disabled young people may need support from services so that they can do the things that they want to do.

This might be:



Help from a teaching assistant when in school, college or training.



Help with their health or managing their disability.



Help from social care when at home getting washed, dressed or eating.



Or when out and about taking part in hobbies and activities.



It might be support so that they can be with their friends doing the things they want to do.



The right support can mean disabled young people can get to spend more time with their parents, brother and sisters having fun.



But, only 1 in 5 disabled young people feel they have the right amount of support to achieve what they want in life.



Just 2 in 5 disabled young people say they get the right support at school, college or training.



1 in 3 say they feel listened to by staff at school, college or training.



1 in 3 disabled young people say they get the right amount of support from health and social care



Just 1 in 5 disabled young people feel listened to by health and care staff



1 in 5 disabled young people feel they have the right amount of support from social care staff at home



1 in 5 disabled young people say their views and opinions are listened to by social care staff



1 in 10 disabled young people feel their parents get the right amount of support from social care



1 in 4 disabled young people have right amount of support from education, health and social care so they can spend time with their parents and family



1 in 4 say they can enjoy hobbies and activities they want to do.



2 in 5 say they have the right amount of friends in their life.



And just half say they have the right support so they can spend time with their friends.



The Disabled Children's Partnership want the government to make disabled children and their families a priority.



They also want to make the education, health and social care work better for disabled children and young people.



They want the government to fund education health and social care better



Disabled children and young people need to be fully involved in decisions about the support they need.

