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|  | **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. |

