



Easy Read Edition

Institutions: **The Old, The New, And What** **We Should Do**

Part 5: Why is Community Living Better?

Why is Community Living Better?



There are lots of people that study institutions.



They talk to people with disabilities in institutions.



They see what life is like in institutions.



They also study living in the community.



They talk to people with disabilities who live in the community.



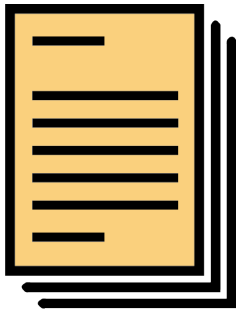
They see what life is like for people with disabilities in the community.



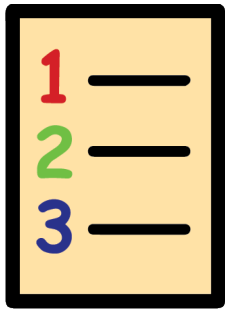
They also talk to people who moved out of institutions.



They ask about how living in the community is different from institutions.



Lots of studies came out about institutions and the community.



You can see a list of some of these studies at the end of this toolkit.



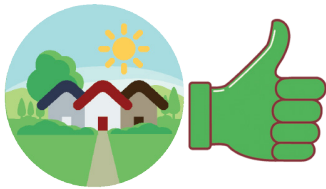
The studies can be hard to read.



So, this part of the toolkit explains what the studies found out.



The studies show that living in the community is better than living in institutions.



The community is a better place to live for a lot of reasons.

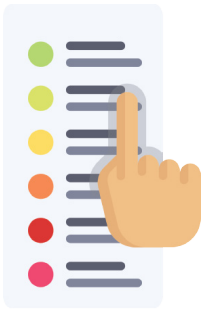


Here are some things the studies say:

Freedom and Happiness



People with disabilities get more freedom when we live in the community.



Studies say that people who live in the community get to make more choices.



We get to choose what we do during the day.



We get to choose when and where to go out.



We get to choose who lives with us, and who helps us.



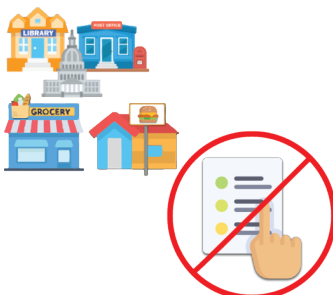
We also get to see friends and family more.



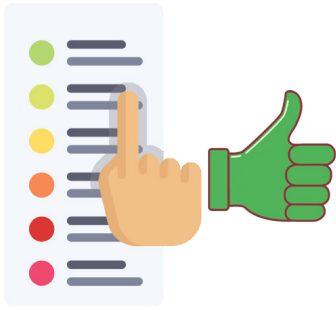
We get less choices when we live in institutions.



We might not get to choose who lives with us.



We might not get to choose where we go and what we do.



Getting to make our own choices helps in other ways, too.



It helps us feel better about ourselves.

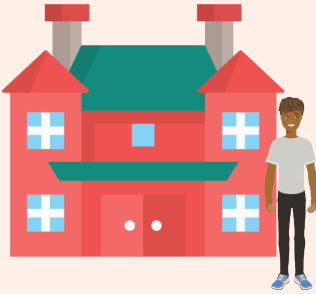


It feels good to have control over our lives.



It lets us make sure things work well for us.

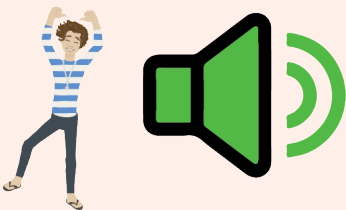
For example:



Sunil is autistic. He lives in an institution.



He doesn't get to choose his roommate.



His roommate is very loud.



Loud noises hurt Sunil. He needs his room to be quiet.



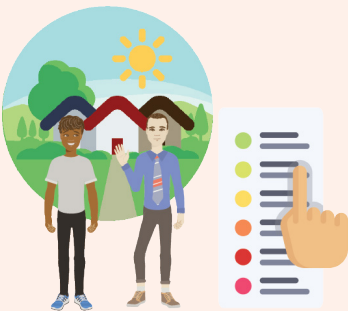
But the institution doesn't let Sunil get a different roommate.



Sunil is unhappy at the institution.



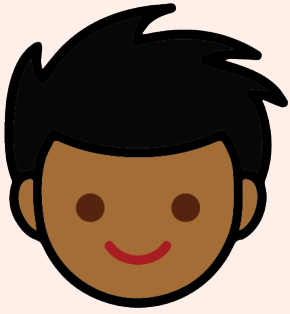
Then, Sunil moves into the community.



He gets to choose his own roommate.



He chooses a roommate who is also quiet.



Sunil is happier living in the community.



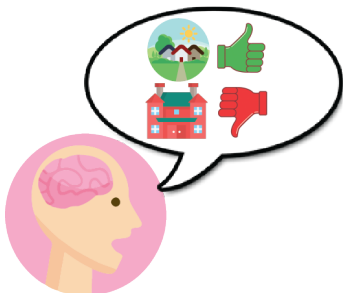
He gets to have his own quiet space.



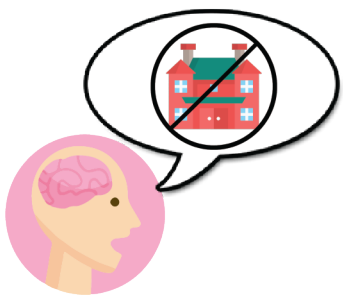
He feels better because he gets what he needs.



One study talked to people with disabilities who moved out of institutions.



They said they liked living in the community more.



They never wanted to move back to an institution.

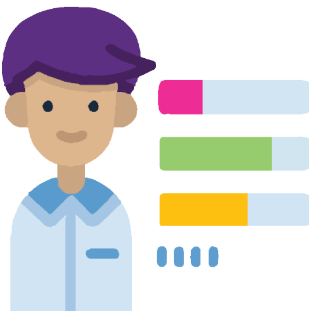
Learning New Things



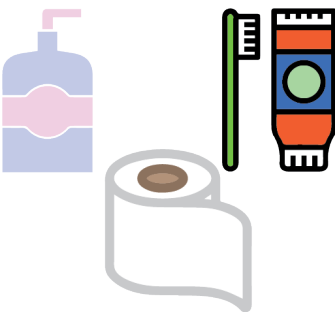
People with disabilities learn more when we live in the community.



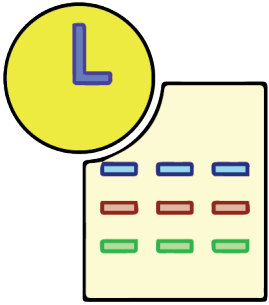
Living in the community helps us learn new things.



We learn important skills that help us live on our own.



We learn how to take care of ourselves.



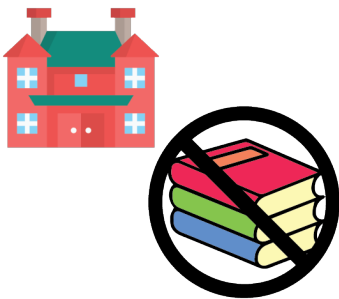
We learn things like how to make a schedule.



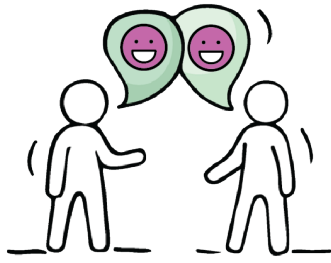
We learn how to cook, and how to clean our house.



We learn to shop for our own food and clothes.



We don't get to learn these things as much in institutions.



We also learn more about getting along with other people.



We get to meet more non-disabled people when we live in the community.



So we get more chances to talk to others.



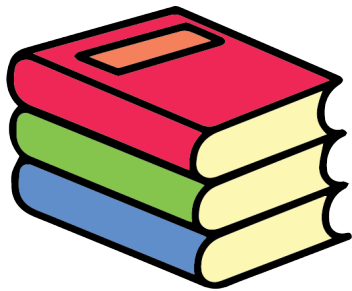
We learn to communicate in ways that work for us.



We get treated better in the community.



So, we feel better about ourselves. We feel safer.



That makes it easier for us to learn.



We can learn new ways to say what we need.



We can learn new ways to get along with people.



Less people try to communicate with us in institutions.



We get less chances to learn about communicating.



We might not get treated well in institutions.



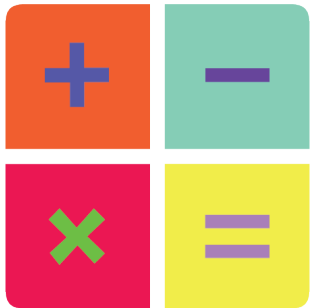
That makes it harder to get along with other people.



Learning new things helps us in other ways, too.



For example, when we learn to shop, we also learn about money.



Learning about money helps us get better at math.



Learning to make a schedule can help us read better.



Talking with more people can help us write better.



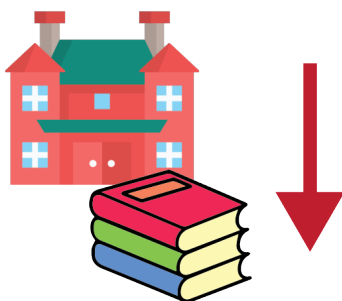
Living in the community helps us get better at all these things.



Not everyone learns all these things.



But we usually learn more when we live in the community.



We don't learn as much when we live in institutions.

Being Part of the Community



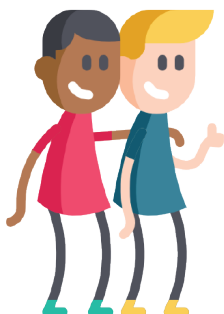
Living in the community lets us be around more non-disabled people.



We can work in the community and make money.



We can join groups in the community.



We can make new friends and get new hobbies.



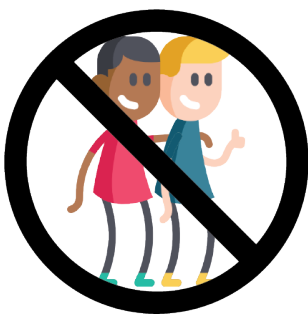
We can feel like a part of the community.



We can feel like we belong in the community.



Institutions keep us separate from non-disabled people.



We might not get to make friends outside the institution.



We might not get to go into the community at all.



We might not feel like we belong in the community.

Staying Safe



People with disabilities are safer in the community.



We get hurt less when we live in the community.



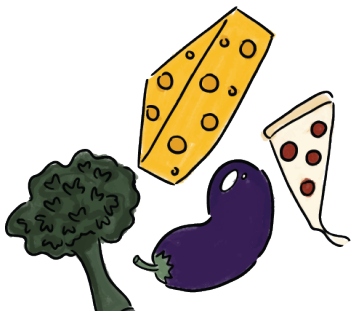
We get hit less.



We get yelled at less.



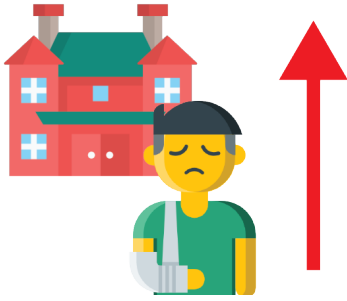
We don't get left alone when we need help.



We get food when we need it.



We get help going to the bathroom when we need to.



People with disabilities get hurt a lot more in institutions.



We still get hit and yelled at.



We still might not get food or water.



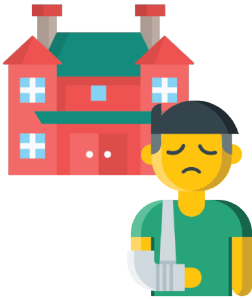
We might get left alone when we need help.



The government made rules to try and keep us safe in institutions.

1. =

2. =



But we still get hurt in institutions today.



The same things that happened in state schools still happen today.

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