

What are REACH Standards?

A glorious ordinary life

At LDN London, our vision is to enable learning-disabled Londoners to stay healthy, be safe, and live well. To achieve this, we deliver our services based on our core values that ensure the people we support:

1. Are included as a valued part of the community
2. Can make choices and decisions about their lives
3. Are treated with dignity and respect as valued individuals
4. Can achieve their dreams and aspirations

The REACH Standards are a set of voluntary standards that provide a comprehensive set of principles designed to empower people with learning disabilities and or autism to live meaningful, ordinary lives. Rooted in human rights, these standards focus on promoting choice, rights, and

responsibilities, ensuring people can live independently and with dignity.

Using REACH Standards alongside our values helps LDN to create respectful, inclusive environments where the people we support can lead gloriously ordinary lives, free from the effects of institutionalisation.

Our language can either uplift people by respecting their dignity or contribute to a disrespectful and demeaning environment which will harm the person's feelings of self-worth and self-esteem.

By ensuring that our communication reflects our values, we promote a more inclusive, supportive, and respectful environment, helping everyone feel valued and understood.

Key Principles

- 1 Human Rights:**
 Everyone deserves a life with dignity, respect, and autonomy
- 2 Choice and Control:**
 People have the right to make decisions about their lives, including where and with whom they live and who supports them
- 3 Community Inclusion:**
 Encourages active participation and contribution to society
- 4 Personalised Support:**
 Services must be tailored to the unique needs and aspirations of each person
- 5 Nothing About Us Without Us:**
 Ensures that the people we support are central to every decision about their lives

Benefits of using REACH Standards

- For the people we support: Increased independence, improved quality of life, and respect for personal space and preferences
- For families: Assurance that their family member is receiving respectful support where their rights are respected
- For providers: A framework to meet regulatory standards and demonstrate a commitment to person-centred practices
- For communities: Enhanced inclusion and participation that increases the value people with learning disabilities have in their community



REACH Standards

Some Examples



Answering their own door:

People can decide who enters their home, maintaining control over their personal space and fostering a sense of ownership



Person centred support:

Every aspect of support is co-designed with the person to reflect their preferences and needs



Having keys:

People have keys to their home which reinforces their independence and right to privacy



Community involvement:

Support teams encourage people to take part in local events, hobbies, and volunteering



Respect for privacy:

Staff ask for consent before entering personal areas such as bedrooms or bathrooms



Managing money:

People are supported to understand and manage their finances with the right level of guidance



Good homes:

Living spaces are designed to reflect personal comfort and choices and are not set up for staff convenience



Making mistakes:

People with learning disabilities can make their own decisions and learn from mistakes just like everyone else



Taking risks:

People are supported to take informed risks like cooking or trying new activities while balancing safety

Staff Role:

- Encourage and enable people to manage their own homes and personal decisions
- Promote respect for privacy, dignity, and autonomy
- Ask permission before entering personal spaces and uphold people's right to privacy
- Support independence in daily tasks like using keys, cooking, or welcoming visitors
- Demonstrate our values through actions and language every day

