Summary of the Research

More than 160,000 adults with a learning disability receive social care support.

This support ranges from a few hours of support a week to 24-hours-a-day support.

1 in 5 people with learning disabilities who are getting some support use some challenging behaviour.

Challenging behaviour can lead to harm to the person, others or damage to the places they live in and use.

It can mean people are not able to join in, and be part of things that happen in the place they live.

Who’s Challenging Who was developed to try and help with this

It is a training session for staff made with, and delivered by people with learning disabilities.
It was important that all staff who said they would like to be part of the research had the chance to do the training.

Some staff were offered the training while the research was being done, everyone else was offered it at the end.

Which staff had the training first was decided by flipping a coin.

This is called a Randomised Controlled Trial.

The researchers collected information from both groups to see what was different for those people who had completed the training.

This is one of the first large pieces of research with people with learning disabilities that has been done using a randomised control trial.

The researchers wanted to find out if staff who had been trained in *Who’s Challenging Who* had greater understanding of people’s lives.

They wanted to know if over time staff still remembered this.
What the results showed

The Training

People said the training was enjoyable and a good use of their time.

Staff said that being trained by someone with a learning disability was important and the trainers did their job well.

Staff said they could use the training when they went back to work.

The training helped staff understand the lives of people with learning disabilities better.

The staff remembered what they had learnt over time.

The trainers

The trainers with learning disabilities were pleased to have a job.

It made them feel good that the staff who were trained thought they did their job well.

The research:

It is important to know that research can be done in this way.
What the research team thinks

The research team thinks that *Who’s Challenging Who* training could be useful for staff who work with people who show challenging behaviour.

Some useful things about the training are:

- The training doesn’t cost much
- Staff who did the training liked it
- The training doesn’t take long

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