# Normalisation – a big idea

Who decides what is normal?

Normalisation was an idea born in the 1960s in Denmark and Sweden

## It started with Normal Patterns for Living

- Many people lived in institutions, *away from their homes and families*

- They lived, worked and played in the same place *all their lives*

- This wasn't normal and needed to change

# But it changed

- Wolf Wolfensberger said that much **more** needs to change

# Stigma

- Wolf Wolfensberger believed that people with learning disabilities *are seen to be* different, not 'normal', like other people

- This marks them out as different, not 'normal'

- Maybe even as a 'burden' or 'danger'

- They get a label – like learning disability or 'special needs'

- This label 'devalues' them - *shows they don't have worth*

- *This is stigma*

- The way to change this is to help them 'pass' as normal, to hide the thing that makes them different

# How to change things

- Wolfensberger believed that the way to make things better was to help people 'pass' as 'normal'
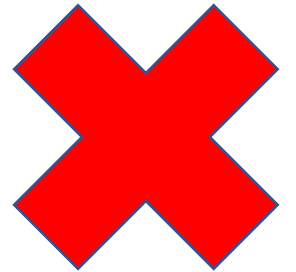- They should be friends with 'normal' people, not with other people with learning disabilities
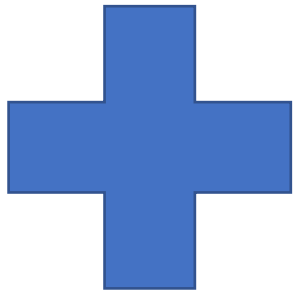
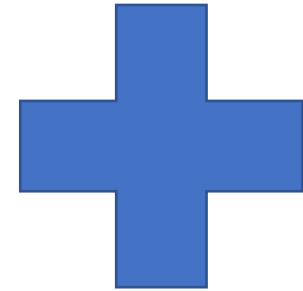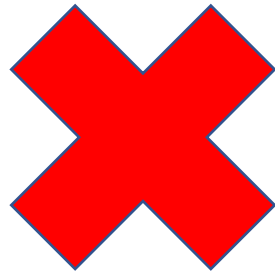# Live in ordinary houses, not hospitals or hostels
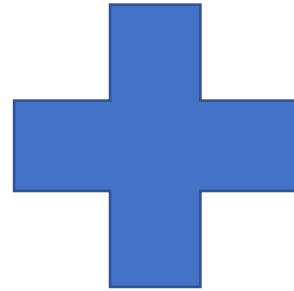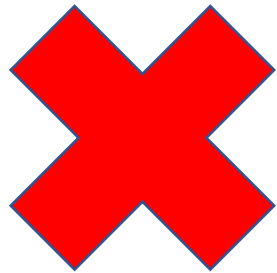
# Normal….

- Question: what do you understand by normal? Let's collect your ideas

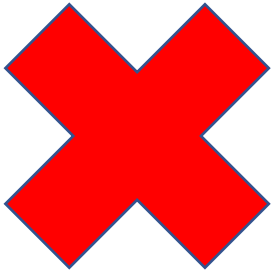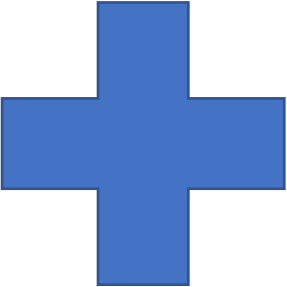- (Can mean many different things…What is usually or typically expected AND what is socially acceptable

# Proper jobs, not day centres

# 'Integration' - Use the services everyone uses, not special services

# Dress smartly, don't look childish
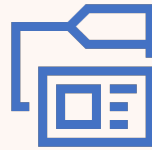
# Look good in 'valued social roles'

# Five Accomplishments – a way to judge how well services are doing

1. Physical presence – being in the places where ordinary people are

2. Choice

3. Competence – being able to develop skills

4. Respect – having a valued social role

5. Participation – having friends and people to do things with

# Label Jars, Not People

Thinking points

Is the label the problem?

What is normal?

Is it good to celebrate difference rather than hide it?

# Who looks normal?