

知的障害がある人の自立生活に対する当事者と支援者・家族の意識について：  
LLブック『わたしたち、こんなふうに暮らしているよ♪』の読者アンケート分析

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# Attitudes of Persons with Intellectual Disabilities and Their Supporters and Families Toward Independent Living: An Analysis of a Survey of Readers of the Easy-to-Read Book *We Are Living Like This*♪

SHIRAI Chiaki

This paper provides insight into the lives of people with intellectual disabilities as portrayed in the easy-to-read book *We Are Living Like This*♪ (Fun Life Support Group, 2022), which was independently published in 2022 and introduces the idea of independent living for people with intellectual disabilities. The definition of “independent living” is a matter of endless debate, but to maintain a focus on housing, “independent living” here is defined as living in the community away from institutions and parents and living alone with support. The author is a member of the group that published the book—Fun Life Support Group.

This book introduces the various forms of independent living for people with intellectual disabilities in a way that is easy to understand for both individuals with intellectual disabilities and their supporters and family members. We conducted a survey of readers regarding their evaluations of the book and their thoughts on independent living.

The book was generally well received. Readers commented that it was written in a way that is easy to understand by those who wish to live independently with support. The difference between readers with intellectual disabilities and their supporters/family members is that the former tend to imagine a future in which they are living independently and think about whether they will be able to manage it, while the latter are more interested in whether the environment is sufficiently supportive for their loved ones. While people with intellectual disabilities appreciated the content of the book because it is easy to understand, familiar, and realistic, supporters/family members indicated that they needed more information.

What may be important is for both parties to recognize their different interests and to communicate with each other. It may also be that society plays a role in enabling individuals to fully demonstrate their abilities and in adjusting the various environmental factors that supporters and family members have pointed out.