

Specialist Healthcare Team for Adults who have a Learning Disability

A guide for service users



We care
We respect
We are inclusive





Specialist Healthcare Team

Who do we see?

	<p>Anybody with a diagnosis of a Learning Disability can be referred to us.</p>
	<p>Anyone can make a referral into the service.</p>
	<p>We provide support around specific health related needs.</p>
	<p>You might see more than one member of our team at the same time.</p>

Specialist Healthcare Team

How can you be referred to us?

	<p>You, or somebody who knows you well, can fill in a referral form.</p> <p>You can ask for one by using the phone number or email address on the back page of this booklet.</p>
	<p>You can send the form back to us in the post, or to the email address on the referral form.</p>
	<p>We will discuss the referral at our weekly meeting and make sure you are seen by the right person.</p>
	<p>We will write to you to let you know the outcome of our meeting and if we can offer support within our service.</p>

Specialist Healthcare Team

Where will we see you?



You may come to one of our clinical centres called Twinwoods (near Bedford) or Beech Close (near Dunstable)



Twinwoods Health Resource Centre
Milton Rd
Clapham
Bedford
MK41 6AT



Beech Close Resource Centre
Beech Close
Dunstable
Bedfordshire
LU6 3SD



We may sometimes come to your home, day centre or college.

Speech and Language Therapy

What do we do?



We help people with communication and their eating and drinking



We make sure people who support you know the best ways to help you understand.



We make sure people who support you know the best ways to help you to communicate; this could be speech, signing, pictures, devices, objects or a mixture!



Make sure that the people who support you know how to help you eat and drink safely.

Psychology

We can help you when:

	<p>You feel sad.</p> <p>You feel worried or anxious.</p>
	<p>Your carers may be having difficulties helping to manage your behaviours.</p> <p>We will talk to you.</p>
	<p>We might work together with you in therapy.</p>
 <p>GREEN – when things are good:</p> <p>I will _____ when I'm happy.</p> <p>I enjoy going _____ and _____</p> <p>I like it when you _____</p> <p>YELLOW – what are my personal triggers?</p> <p>I find _____ difficult</p> <p>I will _____ and _____ when I get anxious</p> <p>You should try to _____</p> <p>RED – how to manage my behaviours</p> <p>I might _____ when I am angry.</p> <p>I might _____</p> <p>You should _____ Don't _____</p> <p>BLUE – how do I calm down?</p> <p>I will _____ when I am beginning to calm down</p> <p>I need you to _____ and give _____</p>	<p>We may help your carers to find new ways to support you - this might be in a report or a Positive Behaviour Support Plan.</p>

Arts Therapies

How can we help you?

	<p>Arts Therapies can help you explore your feelings, thoughts and life experiences</p>
	<p>They might help you if you find it hard to say how you feel</p>
	<p>You do not need to be 'good' at art or drama or music.</p>
	<p>We help you think about how you are feeling and help you manage these feelings using:</p>
	<p>Talking Art Music Drama Dance and movement</p>

Occupational Therapy

What do we do?

	<p>We will support your independence by giving advice on using equipment aids</p>
	<p>We can help you find self care/ dressing tasks easier to do</p>
	<p>We can help to support you to do more meaningful activities</p>
	<p>We can help to suggest changes to your home</p>
	<p>We can help support with your sensory integration needs</p>
	<p>We can help to find activities that are right for you.</p>
	<p>We can help to find ways to improve your access in the community</p>
	<p>We can find ways to help with your routines.</p>



Sports Therapy

How can we help?

	<p>Help you access sports facilities that are accessible to you</p>
	<p>Help you find the right exercise and sport for you</p>
	<p>We can do individual sessions for you to get fit and healthy!</p>
	<p>We can also signpost to other services and places</p>

Psychiatry

What do we do?

	<p>The doctors are there to:</p> <p>Look at your medications with you.</p>
	<p>Support you to look after your health.</p>
	<p>Talking to you if you are not feeling well in your mind and give treatment if you need it.</p>
	<p>Help your carers to learn more about dementia and other health problems that can affect you.</p>

Physiotherapy

What do we do?

	<p>We encourage you to have an active lifestyle and be as independent as possible.</p>
	<p>We might give you a walking aid or other specialist equipment you might need.</p>
	<p>We provide 24 hour postural management plans, including exercise and equipment.</p>
	<p>This helps you to: Maintain body alignment 24 hours a day Prevent some health difficulties if you have a long-term condition or cannot move.</p>
	<p>We can help you to move more easily and safely, giving advice on equipment and exercise</p>
	<p>At home. At work. In the community. In your leisure time.</p>





Health Facilitation Team

What do we do?

	<p>We support you to stay healthy and have a Health Action Plan.</p>
	<p>We can help you with completing a My Health and Me document.</p> <p>This helps professionals know more about your health and well being</p>
	<p>We can support you to have an Annual Health Check with your Doctor or Nurse at your GP Practice.</p>
	<p>We can help you go to health appointments at:</p> <ul style="list-style-type: none">Your doctor's surgeryThe hospitalYour dentistYour chiropodist/podiatrist

Learning Disability Hospital Liaison

What do we do?

	<p>We work in Bedford, and Luton and Dunstable Hospitals.</p>
	<p>We support families and patients when they are staying in hospital. This might include discharge planning and supporting you to make best interest decisions.</p>
	<p>We increase staff's knowledge about learning disabilities.</p> <p>This will help to give you a better experience in hospital.</p>
	<p>We advise on reasonable adjustments, so you can access hospital services like everyone else. This might include:</p> <p>Easy Read information</p>
	<p>Using language that is easier to understand.</p> <p>Arranging appointments for when it is quieter.</p>
	<p>Having a side room so someone can stay with you if you are in hospital overnight.</p> <p>Allowing your family/carers to visit you at any time.</p>

Sight and Hearing Team

What do we do?

	<p>Help you to have your sight tested and make sure your eyes are healthy.</p>
	<p>Check your ears and carry out treatment if you need it.</p>
	<p>Help you to look after your hearing aids and make new ear moulds.</p>
	<p>Help you to have your hearing tested.</p>
	<p>Support you to choose glasses or hearing aids and help you to use them.</p>
	<p>We can help you get equipment to make life easier for you, such as a magnifier for reading or listening equipment to hear</p>
	<p>Support you to access the hospital or the opticians, if you need it.</p>

Specialist Healthcare Team

We share information about you with other people.

	<p>We will always keep your information private and safe. You can ask to see your own notes.</p>
	<p>We have to tell other people if someone might get hurt. We will always tell you first.</p>
	<p>We work in a team of other people who also help you.</p>
	<p>We will ask you if it is OK before we send someone a report or talk to them.</p>
	<p>You will get a copy of any report we send.</p>
	<p>Sometimes we write or talk to them.</p>

Other teams we work with



Intensive Support team

For people with a learning disability who are experiencing a mental health crisis or challenging behaviours requiring urgent assessment and treatment

Between 8am and 9pm from Monday to Sunday– 01234 310538

Outside of these hours call the NHS Mental Crisis line on 111 and press option 2.



Autism diagnostic service

Assessment of someone who may have an autism spectrum disorder and requires a diagnosis.

Assessment and help to access services

<https://www.elft.nhs.uk/adult-autism-diagnostic-services>



Dementia Screening

We screen people who are at risk of dementia, and complete memory screening for people over age of 30 for people with Downs syndrome, and to monitor for signs of cognitive and functional decline as they get older



We work together with other people who also help you.

Your GP



Adult social services

Safeguarding and other wider teams

Contact us

Specialist Services for People with a Learning Disability (SPLD)-
(Bedfordshire and Luton)
Clinical Resource Centre
Milton Road
Clapham
Bedfordshire
MK41 6AT

Tel: 01234 310589

Email: Elt-tr.spldreferrals@nhs.net

Website: www.elft.nhs.uk/services/specialist-services-people-learning-disability-bedfordshire-and-luton



EastLondonNHSFoundationTrust



@NHS_ELFT



east-london-nhs-foundation-trust



NHSELFT



We promise to work together creatively to: learn 'what matters' to everyone, achieve a better quality of life and continuously improve our services.

We care . We respect . We are inclusive