Better lives... No boundaries!

Our Services
Community Learning Disability Team
The Community Learning Disability Team

The Community Learning Disability Team (CLDT) is an integrated multi-disciplinary team providing a range of services for adults (over the age of 18 years) with a learning disability and their carers.

Key Objectives

The key objectives of the CLDT are to:

- Support people to maintain and improve their health and wellbeing
- Support people to make their own choices and decisions in life
- Support carers in their caring role
- Work in partnership with others to provide co-ordinated services
- Provide education, training and support to people with learning disabilities, their families, other learning disability providers, mainstream health services and other health and social care professionals
**Accessible Information Support Service**

The Accessible Information Officer researches, develops and produces a range of accessible information to enable people with a disability to participate and interact with services and the wider community. They can help to support all agencies across Health and Social Care to develop easy read information and other forms of accessible information for people with limited reading skills.

The Accessible Information Officer has also developed a website for people with a learning disability and their supporters. The website has a range of accessible information leaflets, which can be downloaded.

🌐 [http://sayingitall.nelctp.nhs.uk](http://sayingitall.nelctp.nhs.uk)

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**Health & Wellbeing**

Having good health is as important to people with a learning disability as everyone else and for the majority of people with a learning disability most of their health needs are met by their GP or primary care team.

However people with a learning disability may have additional health problems, such as certain medical conditions, sensory impairment and physical disability, difficulty understanding and communicating their health needs, accessing health services and activities that promote healthy lifestyles.

The Community Learning Disability Team provides specialist health services to support these additional needs.
Supporting General Health & Wellbeing

Health and Wellbeing Co-ordinators

Four Health and Wellbeing Co-ordinators link into GP practices in each of the four locality commissioning groups. Their role is to support people with a learning disability to develop Person Centred Health Action Plans, access mainstream health services and develop healthier lifestyles.

They also provide support to people with a learning disability and staff during hospital admissions, as well as preparation work with individuals prior to planned hospital admission, health screening and medical procedures to support with understanding and consent. Health and Wellbeing Co-ordinators also provide health promotion activities such Health Walks, Men’s Health Group, Health Fun Days etc.

Specialist Learning Disability Nurses

Specialist Learning Disability Nurses provide advice, assessment, interventions and monitoring around the complex health needs of people with a learning disability. They offer support to individuals and their carers to enable self management of health conditions.

They also provide joint working to support mainstream health professionals and education and training for people with a learning disability, their carers, mainstream health services, other health and social care professionals and learning disability providers.
Enabling Choice & Decision Making

One of the key objectives of Valuing People Now (2009-2012) is that more people with a learning disability should be able to commission their own services, live independently, have greater choice and control over their lives and have support to develop person centred plans to enable them to do this.

Person Centred Planning

The Person Centred Planning Co-ordinator and Facilitator support people to develop their person centred plan about what they want out of life and the support required to help them get it.

The plan is drawn using words and pictures and reviewed regularly to ensure that key actions are being addressed. The PCP co-ordinator and facilitator can also provide training to others on using person centred approaches in care planning.

Admin Team

The Admin Team provides business support to the CLDT and assists clients/carers and other agencies/departments with general advice/information. Referrals for a service from CLDT are also via the admin team and they can be contacted on 01472 629322.
Supporting and Enabling Independence

Physiotherapy

The Learning Disability Physiotherapy Service provides advice, assessment and treatment to anyone with a learning disability who cannot access mainstream services.

The service also offers advice on mobility issues, chest conditions and posture care and management of complex physical and learning disability needs. The service also provides health promotion activities, offering weekly groups for swimming, hydrotherapy, trampoline, walking and cycling.

Occupational Therapy

The Occupational Therapist supports people to reach their maximum level of function, independence and quality in daily life.

This can include equipment and adaptations to the home environment, teaching skills required to live safely in the community, advice on posture management to promote comfort, function and health, help to increase social skills and to develop use and enjoyment of leisure time.

Speech and Language Therapy

Speech and Language Therapists provide advice, assessment, intervention, training and support regarding communication and eating, drinking, swallowing problems.

They also lead on the use of Signalong and other communication systems for people with a learning disability.
Supporting Carers

Nationally, 64% of adults with a learning disability live at home with their families.

Locally, there are 175 known family carers of adults with a learning disability, 33% of which are over the age of 60 years.

North East Lincolnshire Care Trust Plus is committed to supporting carers and has commissioned the George Hardwick Carers Centre to provide a range of support for all carers. The CLDT also provides an additional support service to carers of adults with a learning disability.

Carers Support Workers

Carers Support Workers support carers of people with a learning or physical disability who, following a carer’s assessment, are eligible for a carers’ service. They provide support visits, advice, information and practical support to carers. All carers are encouraged to register with the carers’ centre and practical support can be provided to support them to do this.

The Carers’ Support Workers also co-ordinate carers’ activities, such as carers’ outings, pamper sessions, etc. From September 2010 the role of the carers’ workers was extended to include carers of people with a physical disability.
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