

Section 7

Information for Carers of People with Learning Disabilities

A range of services are available locally that offer support and advice to people with learning disabilities and their carers.

The council and local organisations are committed to the four key principles of the Valuing People White Paper: rights, independence, choice and inclusion.

The council wants to increase choice and control for people with learning disabilities and their families and ensure they are included in the development of services.

Where can I go for help and advice?

Family Doctors (GPs)

GPs are often the first person people turn to when they need support, advice or information. Your doctor can help and support you, and may refer you on to one of the agencies described below.

For further information about registering with a GP and other Health Services, please see Section 5.

Community Learning Disability Team (CLDT) **020 8547 6558**

Email: learning.disability@kingston.gov.uk

The CLDT consists of specialist workers from Health and Community Care Services working together to support people with learning disabilities and their carers.

The team includes Clinical Psychologists, Community Nurses, a Psychiatrist, Care Managers/Social Workers, Community Support Workers, Speech & Language, Occupational and Physiotherapists. The services provided by the team are free and confidential.

A Duty Officer is available during the afternoon, Monday to Friday but can be contacted in the mornings for emergencies.

You can call in or telephone to arrange an appointment. If you cannot come to the office, you can be visited at home. You may already know what you need, or you may just want to talk to someone about your situation and what help might be available.

Either way, if you both agree that your situation is something that CLDT services might be able to help you with, together you can discuss what help you need and how that may be provided.

For more information on some of the services provided (including any charges that may apply) please see Community Care Services, Section 4 or visit **www.kingston.gov.uk/communitycareservices**

Aspergers Project

020 8547 6636

Email: asperger.service@rbk.kingston.gov.uk

Community Care Services in Kingston offer a specific service for people with a diagnosis of Asperger syndrome and their carers. Carers can access an assessment, services and advice from this service and a regular carers meeting takes place (see Support Groups later in this section).

Support Brokerage Project

As people are now choosing more individual and flexible ways of being supported in the community, more and more people have been needing a different sort of support than they have received in the past.

Community Care Services are in the process of setting up a team of Support Brokers to work alongside the Learning Disability Team and Asperger Service to help people plan and organise the support they want and need, as well as providing practical support to make it happen.

Getting information

If you are interested in a particular or specific illness or disability, you will probably find that there is a local or national group or organisation offering special support and advice. Your CLDT worker or GP will be able to tell you more.

There are many voluntary groups in the Royal Borough of Kingston providing information and support ranging from leaflets to meetings, drop-in services and telephone help lines. You can find out more about local voluntary groups from libraries (see Section 21 for library details) or contact:

Kingston Carers' Network 020 8547 1614

Please see Section 6 for more details about this service.

Local voluntary groups

Kingston MENCAP

020 8540 1399

Kingston MENCAP is a local voluntary group, affiliated to Royal MENCAP, providing information, support and advice to people with learning disabilities, their families and carers.

They organise leisure activities and fundraise to provide extra equipment for special schools, residential homes and also support new day service initiatives such as Stud Farm Nursery project.

They run three leisure clubs for people with learning disabilities which provide opportunities to meet others, try a new activity and have fun:

- **Seekers Club** for adults age 18+;
- **Xpressions Youth Project** for 12-18 year olds;
- **19+ Club** for 19–30 year olds.

A newsletter is produced bi-monthly

Reach Out Youth & Adult Disabilities

ROYAD is a local voluntary organisation for able bodied people with mild learning disabilities. It is run by members for the members and runs educational, sports, music & arts programmes and has independent living for people with learning disabilities.

Call Lorraine for general information: **020 8390 5718**

Buddy Scheme

020 8255 8068

This scheme provides volunteer support for adults with learning disabilities in the borough to access leisure activities and interests.

Other help and support

MENCAP (National)

0808 808 1111

www.mencap.org.uk

This service provides support, information and advice to adults with learning disabilities and their families. Services range from a 'listening ear' and a regular newsletter with advice and information about:

- Benefits;
- Medical conditions;
- Assessments;
- Leisure opportunities.

Kingston Advocacy Group **020 8549 1028**

For independent and confidential support to people with learning disabilities.

www.kingstonld.info

This website is specifically for people with learning disabilities in Kingston and includes activities that they can get involved in.

The website is just getting started and aims to have carer information as it develops.

Support groups

Many organisations run support groups, including residential and day services. Please ask the people you are in contact with about what support is available.

Asperger Syndrome Carers' Support Group

Held once every six weeks, this group aims to enable carers to meet others, share experiences and learn about topics that are of particular interest, such as what Asperger syndrome is and how to manage different situations.

For more information call **020 8547 6636** or email asperger.service@rbk.kingston.gov.uk

Help or advice in an emergency

If you need help from the Police, Ambulance or Fire Services urgently, please contact **999**

For medical information or advice contact your GP or NHS Direct on free phone **0845 4647**

For Social Care emergencies, contact the Community Learning Disabilities Team **020 8547 6558**