

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 also aims to make sure people with learning disabilities and their families 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

We have a team of Support Brokers who work alongside the Care Management team. Support Brokers help people with learning disabilities make changes in their lives by helping them plan and organise the support they need to be independent.

Getting information

There are local voluntary groups that provide a range of support and information. If you want to know about a particular or specific illness or disability, there is probably a local or national group or organisation offering special support and advice. Your CLDT worker, GP or local library will be able to tell you more or contact:

Kingston Learning Disability 020 8547 6044 Information Line

This new, single point of contact has been set up by Community Care Services specifically for people who want information about learning disability services and support in Kingston. We will be developing this through 2009, so if you have any questions, want information or have any suggestions, please contact us.

Kingston Learning Disability Website www.kingstonld.info

Community Care Services have set up a website for all the latest news and information about learning disability in Kingston. Visit for more about services and support, find out what's happening and send us your views.

Local voluntary groups

Kingston MENCAP

020 8540 1399

Email: gillcwood@blueyonder.co.uk

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

They organise various leisure activities and fundraise to provide extra equipment for special schools, residential homes and also to support new day service initiatives.

MENCAP fund and run three evening leisure clubs for children and adults 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;
- **Future Friends Club** for 19–30 year olds.

A newsletter is produced bi-monthly which provides regular updates and information. Annual membership is £2 per family.

A carer led group meet to discuss problems and to share experiences on the last Wednesday of the month. See Support Groups later in this section for more information.

For more information and details of how to join, please contact Gill Wood on the number or email above, or write to her 17 Oakway, London SW20

Buddy Scheme

020 8255 8068

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

Support groups

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.

MENCAP Carers' Group

A monthly Carers' Group meet on the last Wednesday of the month at the Home Farm Trust day centre. A very informal and carer led group who meet to discuss problems and to share experiences.

For more information call Gill Wood on **020 8540 1399** or email gillcwood@blueyonder.co.uk.

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

Help or advice in an emergency

If you need help from the **Police, Ambulance or Fire Service** urgently, please contact **999** or **112**

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

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