



Health and Community Services

Having a learning disability



An **Easy Read** guide about what it means to have a learning disability.

Speech and Language Therapy Department
Adult Learning Disability Team

What it means to have a learning disability



A learning disability is

when you find it hard to understand information.



A learning disability is

when you might need help and support with some everyday tasks.

This might be household tasks, looking after your money and communicating with other people.



A learning disability is not

a learning difficulty.



A learning difficulty is when a person finds one or two things difficult like reading or writing.

Dyslexia and dyspraxia are learning difficulties.



A learning disability is **not** a mental illness.



A learning disability is **not** autism.



A learning disability is **not** a physical or medical illness.

People with a learning disability can still do lots of things



Volunteer or work.



Go to College.

Go to groups or activities.


Have relationships.

Live a full and interesting life.

A person with a learning disability might find some things hard.

	<p>Thinking about things and making decisions.</p> <p>Understanding and remembering information.</p>
	<p>Planning journeys.</p> <p>Using money.</p> <p>Telling the time.</p> <p>Learning new things.</p>

Why some people have a learning disability

	<p>Some people are born with a learning disability and we do not know why.</p> <p>Other times it is because of something that happened before or after you were born.</p>
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A learning disability is:

Not something to be embarrassed about.



Not caused by something you have done.

Not something people should be upset with you about.

You can ask to find out if you have a learning disability



You will need to have an assessment from the Adult Learning Disability Team.



An assessment means you will be asked some questions about:

Things you find difficult and need help with.

Things you enjoy.

Your life and how you feel.

How it might feel to be told you have a learning disability



You might feel happy to know why you need help with some things.



You might feel angry or upset knowing that you might need support to do these things.



You might feel confused.

It might be a lot of information to think about.



Talking about how you feel can help you feel better.

What changes if you have a learning disability?



Having a learning disability does mean you might be able to get some support. This might be:

Money called income support or benefits to help you live.

Staff or carers to help you look after yourself.

Support groups or activities, go to a day centre or college.

Having a health check every year.



Having a Learning Disability means services should make changes to help you.

You should be given information in a way you understand.

You can ask to have longer appointment times.

The Disability Discrimination (Jersey) Regulations 2018

This is the law, a law is like a rule that services need to follow.

For more information

Adult Learning Disability Service



Health & Community Services

2nd Floor Eagle House

Don Street

St Helier

Jersey



Telephone: 01534 445600



Email:

learningdisabilitiyservice@health.gov.je



Website:

www.gov.je/AdultLearningDisability