



Health and Community Services

The Adult Learning Disability Service



An **Easy Read** guide about the Adult Learning Disability Team. Who we are and how we can help you.

Speech and Language Therapy Department
Adult Learning Disability Team

Who we are and how we can help you



Social workers can help you with:

- understanding how you can get support
- talking to you about your needs- this is called an assessment
- making a support plan with you
- getting you the services you need
- speaking up and knowing your rights
- working together to keep you safe



Community nurses and the Hospital liaison nurse can help you with:

- your health, both your body and mind
your sexual health
- giving you medicines to make you feel better
- getting you ready to come into hospital and helping you when you leave
- asking for more time at your appointments
- support communication during your time in hospital

Who we are and how we can help you



Psychology can help you with:

- understanding how your past can make you feel today
- talking about your feelings and thoughts
- learning how to cope with your feelings
- having positive relationships



Psychiatry can help you with:

- medical and physical problems
- advice about lifestyle changes
- giving you medication
- working with you and your family or your carers

Who we are and how we can help you



Positive Behaviour Support

can help you with:

- communicating your wants and needs
- helping others understand you
- improving your quality of life
- getting you the right support



Physiotherapy can help you with:

- walking and exercise
- muscle strength
- aches & pains
- helping you sit well in your wheelchair if you use one

Who we are and how we can help you



Speech and Language

Therapy can help you with:

- talking, signing and listening
- using objects, pictures and communication aids to help you get your message across to other people
- eating & drinking safely



Occupational Therapy

can help you with:

- getting better at daily living skills
- changing your home so it is safe, or supporting you to move to a new home
- giving you the right wheelchair or aids for your needs
- understanding and supporting your sensory needs

How to get support from us



You will need to telephone **SPOR** (Single Point of Referral) and ask for a form.

Telephone: 01534 444440



Please fill out the form and post or email it back to us.

Your family or support staff can do this for you if you say it is okay.



SPOR HSC24

2nd Floor,

28-30 The Parade Building

St Helier, Jersey



Email: SPOR@health.gov.je



We will send you an appointment letter in the post, or call you on your phone.

Sometimes we can see you quickly.

Other times you will be on a waiting list.

How to contact us?



Adult Learning Disability Service

Health & Community Services

2nd Floor Eagle House

Don Street

St Helier

Jersey



Telephone: 01534 445600



Email:

learningdisabilityservice@health.gov.je



Website:

www.gov.je/AdultLearningDisability



If you are worried about your health please call your doctor or nurse.

If it is an emergency please call
Emergency Services.



Telephone: 999

We look forward to helping you.

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