





The Adult Learning Disability Service



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




Who we are and how we can help you

	<p>Social Workers</p> <p>Can help you with:</p> <ul style="list-style-type: none">• 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
	<p>Community Nurses and the Hospital Liaison Nurse</p> <p>Can help you with:</p> <ul style="list-style-type: none">• 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 communications during your time in hospital



How to contact us?

	<p>Sometimes we can see you quickly.</p> <p>Other times you will be on a waiting list.</p> <p>We can get very busy.</p> <p>We have not forgotten you.</p>
	<p>Questions and complaints</p> <p>If things go wrong and you are not happy with our Learning Disability Service.</p> <p>Telephone: 01534 445723 or Email: feedback@health.gov.je</p>
	<p>If you are worried about your health please call your Doctor or Nurse.</p>
	<p>If it is an emergency please call Emergency Services.</p> <p>Telephone: 999</p>




How to contact us?

	<p>You will need to telephone SPOR (Single Point of Referral) and ask for a form.</p> <p>Telephone: 01534 444440</p>
	<p>Please fill out the form and post or email it back to us.</p> <p>Your family or support staff can do this for you if you say it is okay.</p>
	<p>SPOR HSC24 4th Floor Eagle House Don Rd St Helier Jersey</p> <p>SPOR@health.gov.je</p>
	<p>We will send you an appointment letter in the post, or call you on your phone.</p>

Who we are and how we can help you

	<p>Psychology</p> <p>Can help you and your family with:</p> <ul style="list-style-type: none"> • 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
	<p>Psychiatry</p> <p>Can help you with:</p> <ul style="list-style-type: none"> • finding out if you have a mental health problem that can be treated • helping you to understand your mental health problem • making a treatment plan and giving you medicines if you need them • helping you to make the right lifestyle changes to keep you and your mind healthy

Who we are and how we can help you

	<p>Positive Behaviour Support</p> <p>Can help you with:</p> <ul style="list-style-type: none">• communicating your wants and needs• helping others understand you• helping others support you• improving your quality of life
 	<p>Physiotherapy</p> <p>Can help you with:</p> <ul style="list-style-type: none">• 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

	<p>Speech and Language Therapy</p> <p>Can help you with:</p> <ul style="list-style-type: none">• talking, signing and listening• using objects, pictures, iPad's and tablets to help you communicate• eating and drinking safely
	<p>Occupational Therapy</p> <p>Can help you with:</p> <ul style="list-style-type: none">• 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