

What is a Learning Disability?

A guide for people who have a learning disability



Developed by the Rotherham Doncaster and South Humber NHS Foundation Trust Learning Disability Psychology Team

A learning disability is...



When you have difficulty understanding information.

When you may need help and support with some everyday tasks.

These difficulties will have started before the age of 18.



Learning disability is **not**:

- A mental illness
- Dyslexia or Dyspraxia
- **ADHD**
- Asperger's syndrome
- A physical or medical illness.

People with a learning disability can...



Volunteer or work.



Go to college or day centres.



Go to groups or activities.



Live a full and interesting life.

A person with a learning disability might find it difficult to:



Think about things.

Make decisions.

Understand or remember information.



Plan journeys.



Use money.



Tell the time.



Learn new things such as maths or reading.

There are lots of reasons why someone might have a learning disability:



Sometimes it is because of something that happened when you were born or when you were young.



A learning disability is sometimes called LD or an intellectual disability.

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 cannot stop someone from having a learning disability.

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

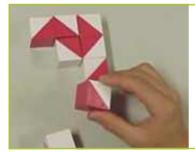
You would need to have an assessment and chat to someone about:



Things you find difficult and need help with.



Your life and how you feel.



Maybe doing some tasks.



Things you enjoy.

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



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



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



You might feel confused. It might be a lot of information to think about.

Talking about how you feel might help.

What changes if you have a learning disability?



You do not change.

A learning disability does not change who you are, what you like, or who you are friends with.



You might be able to get support to:

- Receive money to help you to live
- Look after yourself
- Go to groups or activities
- Go to a day centre or college

A learning disability is a disability under the Equalities Act (2010). This means:



Services need to make reasonable changes to help you. For example, longer appointment times.



You are entitled to a health check with your GP every year. This will help to keep you healthy.



You can use NHS learning disability services.



You should be given information in a way you understand.

Where can I find out more?



Mencap

Telephone Number: 0808 808 1111

Website: www.mencap.org.uk



British Institute of Learning Disabilities

Telephone Number: 0121 415 6960

Website: www.bild.org.uk



Foundation for people with a Learning Disability

Telephone Number: 020 7803 1100

Website:

www.learningdisabilities.org.uk

If you would like this in large print, braille or on audiotape or would like this document in an alternative language, please contact the Fatient Advice and Liaison Service on 9800 015 4334.

Antibiates

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Archie

إذا ارتبت المسمول على هذه الرئيلة بالقط الكبير أو بلغة برايل أو على فيئة شريط صوتي أو مترجمة الى ثنة بنيلة فيرس الإحسال بنشمة النسيق وصيحة الدريخي OBO 015 4334 على Patient Advice and Lisison Service على رائم الواقعة 4334 0850 (085).

Servició:

জাপনি বৰ্দি এটা কয় অন্ধরের ছালায়। তেইলা-ব, বা কানে লোনার টেইলা-ব। গেনে চান অন্যা জালনি বাদি এই কাপজাঁটা জালা কোন ভাষায় গেতে চাল, ভাষ্টাল গাটা করে 0800 015 4334 নয়রে গেশেন্ট এডাচুলাইল এড লিয়ের্জা মার্কিনের সাথে যোগাযোগ কর্মজন।

Cantonese (traditional Chinese)

如果你希望本文件是采用大字印刷。自工或录音磁谱等格式、域言希望本文件是使用其它的语言。请证 据两直或设与联系服务 (Patient Advice and Lieison Service) 。电话号码: 0800 015 4334。

Ezirch

Pokud byste chtěli dokument psaný většími plameny, brallovým plamem nebo na zvukové kazetě nebo v jiném jazyku, prosim, kontaktute poradenskou službu pacientům na tel. 0800 015 4334.

Fami

در صورت نمایل به داشتن اول سند به نسخه ای با جایب در ثبت تر ، به خط بریل با اسخه صوتی، و یا به زیالی دیگر، نظفا یا دفتر خسمات ستاوره و هماهنگی بیماران به نسر دافق ۲۰۵۵-۲۰۱۵ ماسک سایند

French

Si vous désirez de document en gros caractères, en braille, enregistré sur cassette audiq ou dans une autre langue, vouillez contactor le service de conseils et laison des patients (Patients Advice and Laison Service) au 0800 015 4334.

Kuntish Sorani

نظام دام راتيزيته په چاپي گاورده برايل ول انسام شريقي دخکي دمو ازيت يتمود دم بطگاهتمه به رسايتي نيکه دمو ازيت لکايه پهرهاي ده به عرسانکي از ي رايدايي و هارداهنگي دمودتم به زاسل 4334 015 0800

Polish

Jezak dokument wymagany jest w wesął drukowanej dużą czcionką lub afabetem Bratile'a, na kosecie audo lub w innym języku, prosiny o kontakt z zespołem ds. kontaktów z pajentami (Pabent Advice and Lisison Service) pod numerem telefonu 0800 616 4334.

Furgabi

ਜੇ ਤੁਸੀਂ ਇਸ ਨੂੰ ਵੱਡੀ ਭੁਪਈ , ਉਲ ਜਾਂ ਦੁਲਨ ਕਾਲੀ ਹੈਪ ਤੋਂ ਚਹੁੰਦੇ ਹੋ ਜਾਂ ਇਸ ਚਸਤਾਰੇਜ਼ ਨੂੰ ਹੋਰ ਭਾਸ਼ਾ ਵਿੱਚ ਚਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਲਭਕੇ ਮੁਕੀਮ ਸਲਾਹ ਅਤੇ ਤਾਂਤ ਮੌਤ ਸਿੰਘ (Patient Advice and Lipson Service) ਨਾਤ 0800 015 4334 ਤੋਂ ਸਿਮਝਕ ਕਰੋ।

Sama

Haddil and jediaan lahayd in sad ken ku hesho far wasweyn, farta braille ee dadke indhaha la' ama cajalad dhegeysi ah ama haddil aad jediaan lahayd in sad dukumeentigas ku hesho luqad kale, ladan Adeegga Talobixota iyo Xiriirinta ee Bukaanleyda (Patlent Advice and Liajson Service) kale soo xiriir lambarka 3000 015 4334

Torkist

Bu belgeyi büyük yazı, bruile (kür aftabesi) veya sesikaydı olarak veya saşka bir dilde almak letiyorsanız, lütleri 0800 015 4334 no.lu telefondun Hasta Densmanlık ve İrtibet Hizmetleri ile beldentiye geçiniz.

Urek

ا کرتے ہے جی جی قب کی میں امول کے بیٹری ماسل کرتا ہوں ہو جائے گئی شاہ لیڈیاں بھی چائیں قریرے کرم پوشٹ ایو دائس چائے ہو جو اس کے 1834 - 1855 میں دورائر کرتا ہے۔

Vietnames

Nếu muốn có tài liệu này dưới dạng in chữ cỡ lớn hơn, chữ nổi braille hay bằng ghi âm, hoặc bằng một ngôn ngữ khác, xin quý vị liên hệ bộ phận Dịch vụ Tư vẫn và Liên lạc với Běnh nhân theo số 0800 015 4334.

This information is correct at the time of publishing Last Reviewed: January 2019



