

What is a Learning Disability?

A guide for people who have a learning disability

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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.

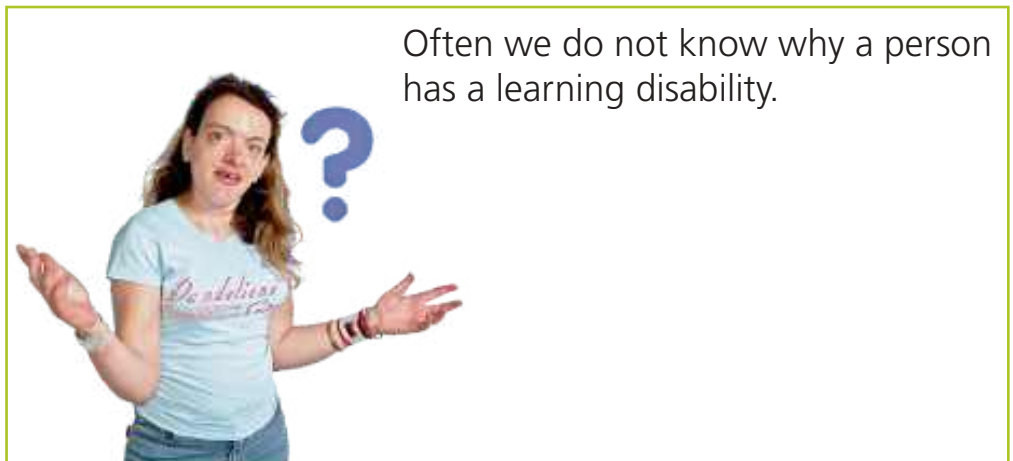


Tell the time.



Learn new things such as maths or reading.

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



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.

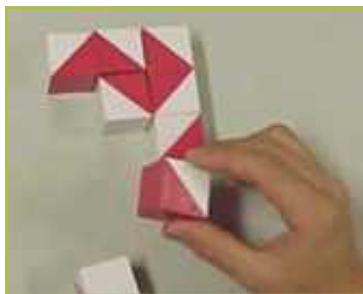
You would need to have an assessment and chat to someone about:



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.

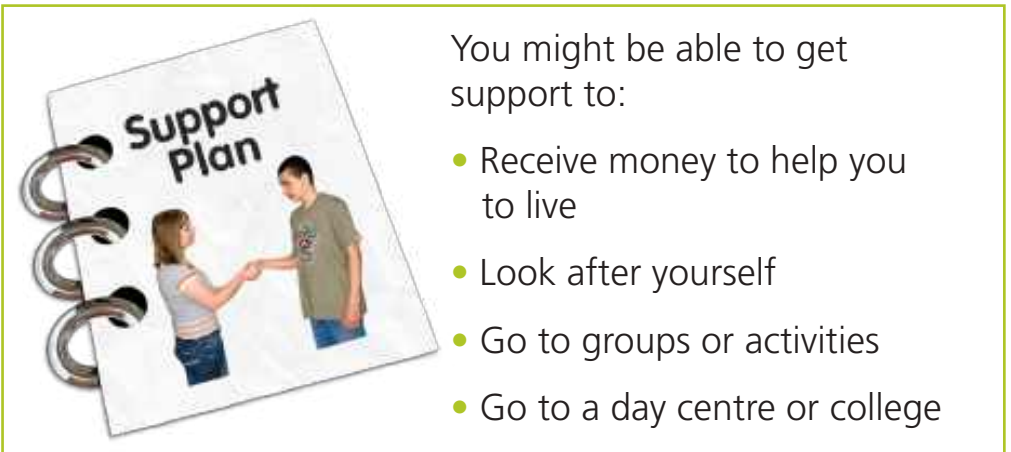
Talking about how you feel might help.

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

