

Enfield Integrated Learning Disability Service (EILDS) About our Pathways





An Easy Read Guide



EILDS have teams of health and social care specialists.



We have a book you can download about [our teams.](#)



It is important that all our teams work together.



Often, we work together to help people with specific needs.



We call these our 'Pathways'.



If you think one of our pathways might be helpful for you, see our [Who we work with](#) leaflet about eligibility and how to refer.



EILDS Pathways



Community Intervention Service



Dementia Pathway



End of Life Care Planning



Menopause



Positive Behaviour Support



Relationships and Sex Education



Weight and Wellbeing



Community Intervention Service



The aim of the service is to -



Support individuals experiencing a decline in their mental health.



For some people, this could also include an increase in behaviour that challenges.



Reduce hospital admissions.



Avoid placement breakdown.



Support individuals through assessment and treatment process.



Dementia Pathway



Dementia is caused by illnesses that damages the brain.

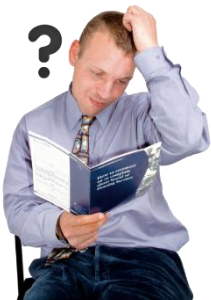


It is not a normal part of getting older.

Signs can include –



Memory problems,



Confusion,



Finding everyday tasks harder,



Problems with communication,



Changes in mood or behaviour.



These changes usually get worse over time and can affect daily life.



You can also download our **Dementia Leaflet**



About 1 in 5 people with a learning disability aged over 65 may develop dementia.



People with Down's syndrome have a higher risk: about 2 in 3 people aged over 60 may develop dementia.



EILDS can help by checking for dementia and offering support.

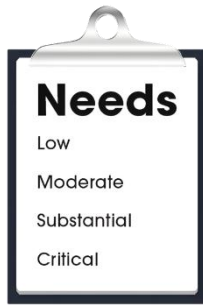
This may include –



A screening check,



Help with other health problems,



A full dementia assessment if needed.



If someone has dementia, support can include –



A named worker,



Help with health needs,



Staff training,



Cognitive stimulation groups,



Medicine if needed,



Support to stay active and do meaningful activities.



End of Life Care Planning



The Integrated Learning Disability Service (ILDS) has an End-of-Life Care Steering Group.



We believe it is important to help people live their best life, for their whole life, right to the end.



The Group has made guidelines to help people understand what good [End-of-Life-Care Planning](#) looks like.



The Group has also made the [Making the Most of Life](#) workbook to help people plan for their End of Life Care.



The Group also offer training and workshops to support End-of-Life Care Planning for people with a learning disability and their supporters.



They were part of the Victoria and Stuart project, making a toolkit to support [End-of-Life Care Planning](#)



Grief



When someone who is close to us is dying or has died, we feel grief.



Different people react to grief in different ways.



Macmillan have a book about [grief and loss](#) when people die.



MacMillan have a book about going to a [funeral](#).



Menopause



This pathway helps women understand the changes that happen during menopause.



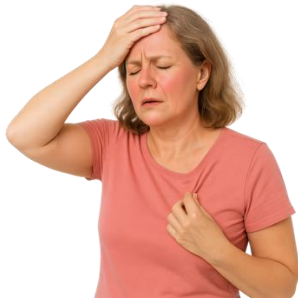
We provide Easy Read resources on:



[Healthy lifestyle tips.](#)



[Hormone Replacement Therapy \(HRT\).](#)



We host groups that help you and the people who support you to learn more about the -

How are you feeling today?

[Update my symptoms](#)



Signs, symptoms, and



Support available for the menopause.



Positive Behaviour Support



A PBS plan is a written care plan that helps people live a better and happier life.



It is used for people with a learning disability and challenging behaviours.



Will help everyone to understand why challenging behaviour is happening.



Will say what shall we do when challenging behaviour happens.



Different professionals work together to develop a plan for the client.



Psychologist.



Occupational Therapist.



Speech and Language Therapist.



Nurses.



Social Worker.



Others include physiotherapists, equals, etc.



You can also download our [Supporting People whose Behaviour can be Challenging](#) and [Positive Behaviour Support](#) Easy Read Guide.



Relationships and Sex Education



We support individuals to learn about relationships and sex in a clear accessible way.



We make sure the right professional supports you:
OT, Nurse, or Psychologist.



Topics include:



Understanding different types of relationships & healthy ones.



Learning about your body & sexuality.



Keeping safe



Consent



Rights and choices



Helping people who have been hurt or scared
by past relationships



Support might include:



Going to a Men's Group



Going to a Women's Group



Having one-to-one sessions with a therapist



‘Weight and Wellbeing’ Pathway



This pathway will help people who would benefit from losing weight



People on the pathway will get support from the Integrated Learning Disability Service.

They can -



- Work with you to identify your personal ‘**weight and wellbeing**’ goals



- Help you make a ‘**weight and wellbeing**’ plan



- Give you advice about your diet



- Give you advice about exercise



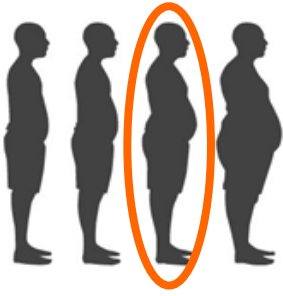
- Advise you on any medication that might help



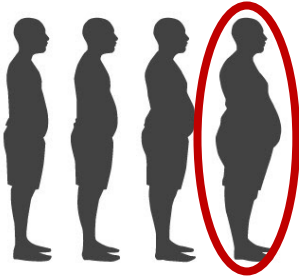
- Signpost you to other groups that can help



- Suggest training for you and your staff



People who are '**Overweight**' will have occasional 'check ins' to see how they are doing



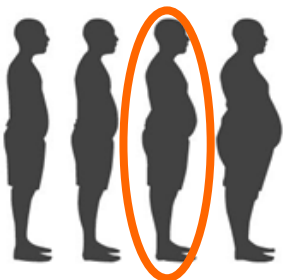
People who are '**Obese**' will have weekly meetings to track progress



BMI looks at your weight and height to work out if you are 'Obese', 'Overweight', or not.



A healthy BMI is between 18.5 and 24.9



A BMI of 25 to 29.9 is '**Overweight**'



A BMI of 30 or more is '**Obese**'



If you think the '**Weight and Wellbeing**' Pathway might work for you, email the duty nurse on Community.Nurses@enfield.gov.uk