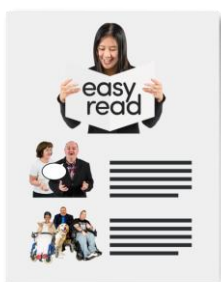


Enfield Integrated Learning Disability Service About our Teams



An Easy Read Guide



Our Teams



Community Nursing Team



Speech and Language Therapy



Occupational Therapy



Equals Employment



Social Work Team



Psychology



Psychiatry



Physiotherapy



Art Therapy



Community Nursing Team



The community learning disability nurses help people with a learning disability live a healthy life and look after their body.



We give advice on health living including-



Diet



Exercise.



We can help people with appointments like-



GP, including their Annual Health Check



Dentists



Going to Hospital (with the Hospital Acute Liaison Nurse)



Optician



Blood Tests.



We can help you record your Reasonable adjustments, to make sure these go well.



We also give advice on 'long term health conditions' like-



Diabetes



Epilepsy



Mental Health.



We work with people whose behaviour can be challenging to make sure-



People are not given too much medication



People stay in the community (and do not go into hospital if they do not need to)



We also provide specialist nursing assessments and care plans.

Speech and Language Therapy



Some people find communication hard.



a speech and language therapist can help you communicate:



- using objects



- using now and next boards or visual timetables to plan your day



- using pictures or photos



- using Makaton sign



a speech and language therapist can also help if you have problems with eating, drinking and swallowing.



Occupational Therapy

Occupational Therapists help people do everyday things more easily. For example-



Washing



Dressing



Housework



Cooking



Going Out and staying safe in the community



Working



College



Keeping safe



We can support you to-



Find things you like to do



Learn new things



Try other ways of doing things



Make Changes so you can do things more easily



Decide what support you need



Have healthy and safe relationships



Occupational Therapists can help; -



You



Your family carer or a friend who helps you



Your Support Worker / Paid carer



Occupational Therapists can see you at-



Home



Day Centre



College



The Enfield Integrated Learning Disability Service Office.



Occupational Therapists can also help if-



You are a parent



Have Dementia



Are a young person "Preparing for Adulthood"



Have sensory needs



Equals Employment



The Equals Employment Service can help you to-



Understand what you can do



Get training



Get work experience



Help make a 'Vocation Profile,' which includes information about you, your skills and work interests



Look for work



Apply for jobs



Prepare for interviews



Support you in work to help you keep your job.



Equals also work with employers to-



Encourage them to offer jobs to people with learning Disabilities



Make interviews more accessible



Support people in the workplace.



Social Work Team

The ILDS Social work team will help you with-



Assessments



Planning



Reviews.



The Social Work Team can also help -



Give practical advice and information about services available in Enfield



Protect and safeguard people that are vulnerable



Plan daytime activities



Help arrange short stays away from home, or support at home to give family carers a break



Discuss educational, training and employment opportunities.



Psychology

A Psychologist can help by :-



Talking with you (and your carer if you like) about your feelings



Help you think about changes in your life and how these make you feel



Help you if you have been badly treated



Help you think about relationships and how you get on with other people.



Psychiatry

Psychiatrists are doctors who can help you when you are feeling-



Sad



Worried



Angry



Scared.



What we do -



Talk with you



Give advice on Medication



Talk to your GP or others who support you.



We can see you at -



The ILDS Office



Home



Day Centre



Hospital

Sometimes if people are very unwell or troubled, we see them in hospital.



Physiotherapy

A physiotherapist can help you with-



Walking



Balance



Falling



Exercises and Activities



Walking Aids



Health Advice



Posture



Seating.



Art Therapy



Art Therapists work with people who may need support with -



Emotions



Communication



Mental Health.



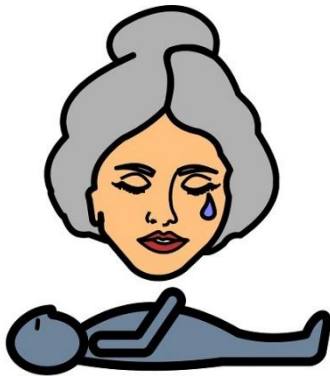
Art Therapists help people to express themselves through art making and communication to explore their feelings around -



Big “life changes”



Difficult experiences (past or present)



Loss and bereavement



Relationship issues.



You do not need to be an experienced artist but should be interested in using art materials.



You can have an individual session.



You can join a group session.



Art Therapy is not a recreational activity or an art lesson, although the sessions can be enjoyable.



Art Therapists are trained/ qualified professionals.

We are registered with The British Association of Art Therapists and Health & Care Professions Council.