



Getting some help from learning disability services

Patient Information Leaflet
Easy Read

If you need support to read this leaflet



A member of staff or a carer can support you to read this leaflet.

They will be able to answer any questions that you have.

Sunderland Action For Health website



Our website provides useful information for people with learning disabilities, their carers and health professionals.

Information on the website includes Easy Read factsheets, leaflets, health action plans and appointment letters.



www.sunderlandactionforhealth.co.uk

There are lots of reasons why you might need help from our team. These include:



Help with communication.



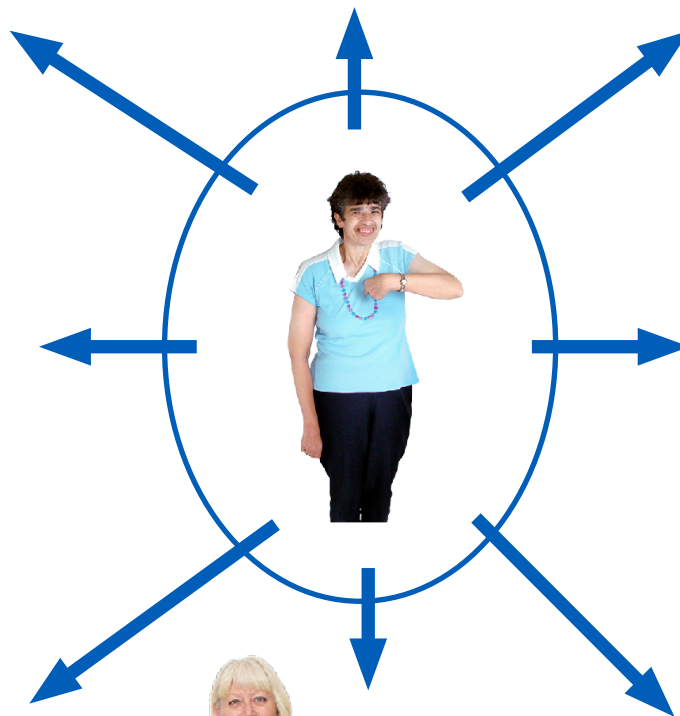
Help with eating, drinking and swallowing.



Support to stay healthy.



Help with your feelings.



Help to be independent.



Help with moving around.



Help to check your medication is working properly.



Help with how you behave.

You can ask our team for help. This is called making a referral.

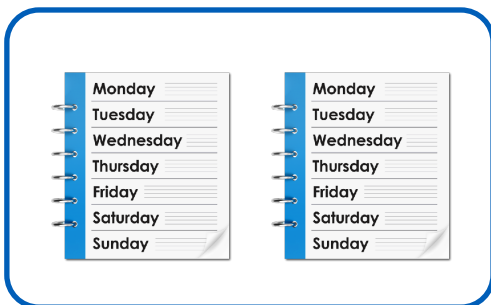
You can ask us for help yourself. Your staff or family can also ask us to help you.



We might then phone you and the people who support you to ask some questions.



If we think we can help you we will make a date to meet you.



We will try to meet you within four weeks of you asking us for help.



If you don't think we can help you we will tell you about other services that could help you.

What will happen when we come to meet with you.



One of our team will meet with you.
We often visit people at their home.



You can have someone you
know with you at the meeting.



We will do an assessment with you.
This means we will ask you questions
to find out about the help you need.



We may also need to talk about
you to other people who know
you like your staff and family.

We will tell you about the different people in our team who can help.



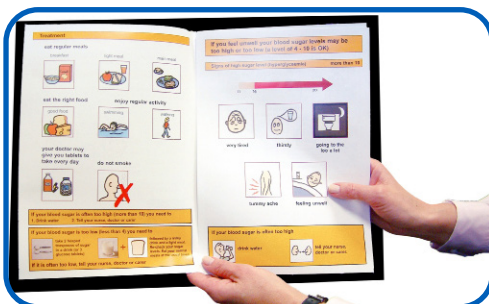
Community Nurses

Work with people who have a learning disability and help promote good health. They support people to go to health appointments and help healthcare workers to make sure that you have good mental and emotional wellbeing.



Dysphagia Specialist

Dysphagia means a difficulty eating and drinking. It can mean that eating or drinking is not safe or enjoyable. Our specialists will be able to help you.



Health Promotion Team

Work with people who attend day services in Sunderland to promote good health. We can support you to your health appointment and make sure you are offered a health action plan and that you receive an annual health check at your GP.



Physiotherapy

Can help you with your posture and your movement. We can help if you lots of aches and pains.



Psychiatry

We have a consultant psychiatrist who you can see. They will make sure you take the right medication that will help you.



Psychology

If you want to change how you behave or if you get very sad, upset or angry a lot the psychology team can help.



Speech and Language Therapy

We can help if you have difficulties with communicating and/or swallowing.



Transition Team

We support young people aged 14 to 19 years old as they move from children's to adult services.

How to contact us

Please contact us if you feel you need support from our Learning Disability Team.

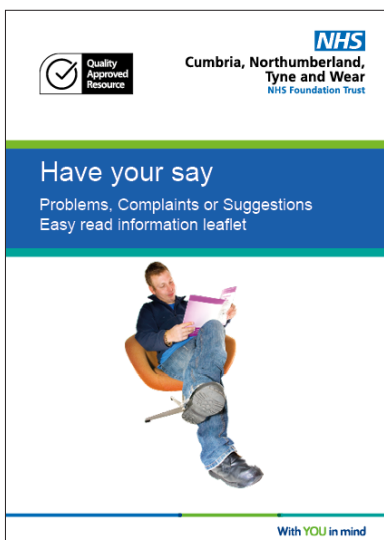
Phone our Initial Response Service:



0303 123 1145

Our services are based at Monkwearmouth Hospital, Newcastle Road, Sunderland, SR5 1NB.

Problems, complaints or suggestions



Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust has a complaints policy.

We will give you a leaflet about how to make a complaint.

If you think that we could improve our service then please let a nurse know your idea.



Further information about the content, reference sources or production of this leaflet can be obtained from the Patient Information Centre. If you would like to tell us what you think about this leaflet please get in touch.

This information can be made available in a range of formats on request (Braille, audio, larger print, BSL or other languages). Please contact the Patient Information Centre on 0191 246 7288.

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