

Barnet Learning Disability Service



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BARNET
LONDON BOROUGH

Central London Community Healthcare **NHS**
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Barnet Learning Disabilities Service

The Barnet Learning Disabilities Service is a team of health and social care professionals.

The service is for adults over the age of 18 with a learning disability and their carers.



? What is a learning disability?

You may have a learning disability if:

- you find it very hard to understand new or complex information and learn new skills
- you find it difficult to cope independently without extra support and
- these difficulties started before you were an adult and they have had a lasting effect on your life.

? What does the Barnet Learning Disabilities Service do?

The Barnet Learning Disability Service aims to support people to access their local health and community services.

The service also offers advice and support to family and carers.



Who is in the team?

The team is made up of professionals who can help you with different parts of your life.

The team work together to help you to stay healthy, live independently and keep safe in the community.

These professionals include:

- Social workers
- Community Nurses
- Speech and Language Therapists
- Psychologists and Counsellors (someone who helps people understand and manage their emotions and feelings)
- Psychiatrists (doctors who help people who have mental health problems)
- Physiotherapists (someone who helps if you have mobility problems)





What services can be provided?

Below are some of the ways help can be provided. We can:

- Help you to live independently by arranging for support in your own home and in the community
- Arrange for you to move to more suitable housing
- Support you if you have special health needs such as problems eating or drinking
- Arrange support if you have problems communicating and understanding people
- Support you if you have mobility problems
- Help and support you if you have a mental health problem, such as anxiety or depression
- Help if you have anger problems or if you want to talk to someone about your feelings



- Tell you about equipment or adaptations to your home if you have a physical disability, so that you can move around easily and safely



- Tell you about healthy eating and exercise if you have eating or weight problems

- Arrange for you to get a Health Action Plan. Health Action Plans tell you and the people around you what you need to do to keep healthy



- Give opportunities for you to meet other people, learn new skills and take part in community activities

- Tell you where you can get help to sort out your benefits

- Arrange support at home or short breaks away for you when you or your carer needs a rest



- Carry out an assessment for your carer and give them any advice and information they may need.



? How can I get help from this team?

You will need to complete a **referral form**.

You can find this form on our website:
www.barnet.gov.uk/ld-referral

You can ask a friend, relative or carer to help you with the form.

Otherwise you can contact the Barnet Learning Disabilities Service on **020 8359 6161** and someone will complete a form for you over the telephone.



? What will happen next?

You will be contacted by phone or letter within **1 week**, to let you know the referral has been received.

An assessment will be carried out by a health worker and a social worker, if needed, to make sure that our service is the right one for you.

The assessment will check if you have learning disabilities. If you do not have a learning disability, you will be told you about other organisations or groups that can help you.

The assessment will show what type of help you might need and how quickly you need the support.

You will be asked questions about different areas of your life to work out what services you need.



Next Steps

The assessment will help decide what support you need.

A letter will be sent to you and the person who supports you, (if you agree) to let you know what has been decided.



If Barnet Learning Disabilities Service is unable to provide you with support, you will be told about other organisations in the Borough that will be able to help you.

Useful Organisations



Barnet Mencap

35 Hendon Lane, Finchley,
London N3 1RT

Tel: 020 8349 3842

Email: admin@barnetmencap.org.uk

Dimensions

Britannia House, 960 High Road,
London, N12 9RY

Tel: 020 8343 8897

Email: enquiries@dimensions-uk.org



Barnet Centre for Independent Living

The Concourse, Grahame Park,
Colindale, London, NW9 5UX

Tel: 020 8359 2444

Email: info@barnetcil.org.uk



Barnet Carers Centre

3rd Floor, Global House, 303 Ballards
Lane, North Finchley, London N12 8NP

Tel: 020 8343 9698

Fax: 020 8445 1193

Email: admin@barnetcarers.org



Social Care Connect is an online directory, which includes information about local support organisations offering advice, information and social care support. It also covers information about money matters, housing options and things to do in the borough.

www.barnet.gov.uk/socialcareconnect



This booklet is available on audio tape, CD, large print, Braille or alternative language.

To request your preferred format, please contact the Communications Team for Adults and Communities on **020 8359 7150** or email: **adultsocialcare@barnet.gov.uk**

Information about services for people with a learning disabilities can also be found on the Council's website: **www.barnet.gov.uk/learning-disabilities**



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