

MEADOWBRIDGE SURGERY – SUPPORTING INFORMATION

Supporting people with Learning Disabilities

Here are some resources that may help you:

www.Williams-syndrome.org.uk

www.fragilex.org.uk

www.estiacentre.org

www.mind.org.uk

www.learningdisabilities.org.uk

www.judithtrust.org.uk

www.turning-point.co.uk

www.unitedresponse.org.uk

www.bild.org.uk

www.arcuk.org.uk

www.mencap.org.uk

www.changepeople.co.uk

There are many ways in which YOU can help people with learning disabilities. Here's how!

- Through active engagement
- By encouraging and supporting new hobbies and interests, such as art, music, dance, trips, social engagements and so on (it all depends on the individual, remember!)
- Through more therapeutic means, such as mental and physical contact, including physiotherapy, massage, yoga, pilates, sensory stimulation and relaxation aids
- By assisting with daily tasks, such as logging on to a computer, using the internet or sending a text message. By giving a little of your time, you could help to make a massive difference, allowing someone to achieve their goal!

The need for clear communication

Sshhhh...Have you ever noticed that an anagram of “LISTEN” is SILENT”?

Communication really isn't just about expressing yourself; it's about LISTENING too – and when it comes to LISTENING to those with learning disabilities, it really is key.

Also, when speaking, it's not just what you say, it's about how you express yourself too. So always think about your body language to ensure you're getting the right message across?