Nottinghamshire County Council

Support for adults with learning disabilities

Nottinghamshire County Council works with people with learning disabilities. This factsheet is about the help you can get from us.

Who can get help?

Adults who have a moderate or severe learning disability and live in Nottinghamshire.

Some people with a mild learning disability can also access a service depending on their needs. We use Government guidance, called Fair Access to Care Services, to decide whether you are eligible to receive help.

You can also get help if you are a carer.

If you are under the age of 18 you will need to contact us on 0300 500 80 80.

If you live in the City of Nottingham you will need to contact Nottingham City Council on 0115 915 5555.

What kind of help can I get

You can get help to live at home.
This could be in your own house or flat, with your family, with another family or in a residential care home.

We can help you with:

- looking after yourself
- finding somewhere to live.

Help with money?

We can help you:

- look after your money
- spend your Personal Budget. This is the amount of money that will meet your long term social care needs.
- with Direct Payments. A Direct Payment is where we pay you our contribution towards your Personal Budget. You then arrange the services agreed in your Support Plan yourself.

You can get help to do the things you like to do

We can help you to find things to do during the day. This could be:

- going to a day service
- going to college
- work
- doing leisure activities.

You can get help to stay healthy

We work closely with the Health Service. We can help if you need:

- support from a community nurse
- physiotherapy
- speech and language therapy
- advice on healthy eating
- advice about continence

Your mental health is also very important. We can find help if you need it.

Help for carers and families

Families of people with a learning disability often need help for themselves. We can offer:

- short breaks
- help for carers

For more information about services for carers see our website:
www.nottinghamshire.gov.uk/carers

Help to plan for the future

When a child becomes an adult there are lots of changes to their lives. We have workers to help at this time. We call this our ‘transitions service’.

We can help you make a plan for your life. It is about what you need, what you want and what you dream. We call this your 'person centred plan'.

We can help carers think about what will happen to the person they care for when they are older.

How do I get help?

Get in touch with your local Community Learning Disability Team (CLDT) listed later on in the factsheet or ring 0300 500 80 80. You can do this yourself or get somebody to help you.

Someone will talk to you about the help you need. We call this an assessment.

How much do I pay?

You may have to pay for some of our services. How much you pay depends upon your income and money. We will help you to find out how much you pay, if anything.

What if I am unhappy with the help I get?

If you are not happy with the help you get we want to know. You can tell any of our staff or managers. They will try and sort any problems out. If you are still not happy you can complain by ringing 0300 500 80 80 or visiting www.nottinghamshire.gov.uk/complaints

Want to know more?

You can find out more about our services through the website:
www.nottinghamshire.gov.uk/learningdisabilities

Learning Disability Partnership Board

It is the Board's job to make sure that all services for people with a learning disability in Nottinghamshire are good. You can find out more about what the Board does through our website:
http://www.nottscountypb.org/

Community Learning Disability Teams (CLDT)

Ashfield	Telephone: (01623) 785473
Bassetlaw	Telephone: (01909) 535360
Broxtowe	Telephone: (0115) 917 5800
Gedling	Telephone: (0115) 854 6232
Mansfield	Telephone: (01623) 436640
Newark	Telephone: (01636) 685927
Rushcliffe	Telephone: (0115) 878 3579

For up-to-date telephone numbers visit our website:
www.nottinghamshire.gov.uk/learningdisabilities

Contact information:

Phone: 0300 500 80 80
Monday to Friday: 8am to 8pm
Saturday: 8am to 12 noon

Email: enquiries@nottscc.gov.uk

Website:
www.nottinghamshire.gov.uk/learningdisabilities

Emergency Duty Team: 0300 456 4546
Mon – Thurs: 5pm – 8.30am
Operates 24 hours at weekends from 4.30pm on Fridays to 8.30am on Mondays.
Operates 24 hours during all public holidays.

Phone 0300 500 80 80 if you need the information in a different language or format.