

Easy Read



Nottinghamshire County Council works with people with learning disabilities.

Here is information about the help you can get from us.



Who can we help?



Adults who have been assessed as having a moderate or severe learning disability

Some adults with a mild learning disability can get help depending on their needs



You can also get help if you are a carer



To decide if you can get a service from us we use something called the **Fair Access to Care Services** guidance

This is a Government document that tells us what we have to do when we decide if you can get a service from us



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



• in a residential home

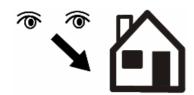


In supported living

You can get help with:



looking after yourself



• finding somewhere to live



You can get help with money

We can help you:



Look after your money



 Spend your Personal Budget. This is money to meet your social care needs



 With Direct Payments. This is where we pay towards your personal budget. Then you arrange the services you need. This will have been agreed in you Support Plan



You can get help to find things to do during the day

This could be:



• going to a day service



going to college



going to work



leisure activities.





You can get help to stay healthy



We work closely with the Health Service

We can help you with:



- 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 you help if you need it.



Carers and families can get help

Families of people with a learning disability often need help and support themselves



We can offer:



short breaks



help for carers



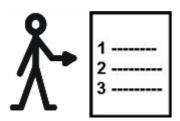
carers assessments



• information and help with benefits.



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



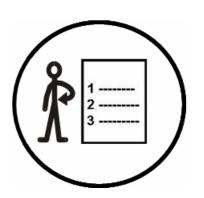
You can get help to plan for the future



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.

We call this your Person Centred Plan.

It helps you think about what you need, what you want and what you dream



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



How do I get help?



Talk to your local Community Learning Disability Team (CLDT), a list of phone numbers is at the end of fact sheet



Talk to Customer Services by phone 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 need to pay.

You may find you do not have to pay anything

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