Support for people with a learning disability



This easy read tells you about support in Nottinghamshire for people with a learning disability.

What sort of help could I get?



You could get help to:



- Live as independently as possible.



- Learn new skills.



- Do activities.



- Find work.



- Find somewhere to live.



- Get care and support.

Become more independent



Our Promoting Independence Workers can help you do more and need less support.



They can help you with:



- Learning life skills like making a meal.



- Learning to use public transport, like the bus, train or tram.



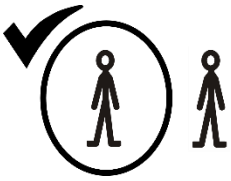
- Doing activities near where you live.



- Becoming more confident and independent.



If you would like this support, you can get in touch with our customer service centre.



You can do this yourself, or someone else can get in touch for you.

Local support and activities



The Your Notts Directory website can help you find:



- Information and advice.



- Groups near you.



- Care and support services.

Adult Social Care support



If you find everyday tasks hard, Adult Social Care may be able to help you.



We can do a care and support assessment to find out:



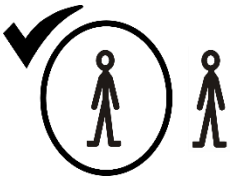
- What you need help with.



- How we can help you.



If you would like a care and support assessment, or more information, you can get in touch with our customer service centre.



You can do this yourself, or someone else can get in touch for you.

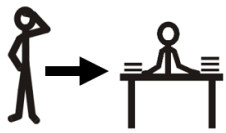
Help to find work



Our iWork team can help you to:



- Learn skills to get you ready for work.



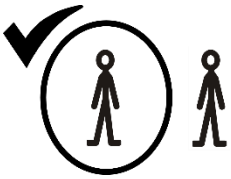
- Find the right job for you.



- Stay in work when you find a job.



If you would like more information, you can get in touch with our customer service centre.



You can do this yourself, or someone else can get in touch for you.

Somewhere to live



There are different places you could live. The right place for you depends on the help you need.



Supported living

Supported living is for people who want to live as independently as possible.



You can get support with daily living and live in your own home.



Find out about more about supported living.



Care homes

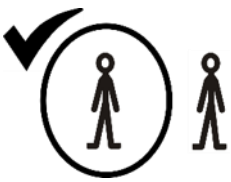
Residential care homes are for people who need more care and support.

You can find care homes on the Care Quality Commission (CQC) website and see what the CQC thinks about them.

Ask for help



If you do not know what support you need, you can get in touch with our customer service team.



If this is difficult, someone else can get in touch for you.

Customer Service Centre



Our Customer Service Centre can answer most of your questions and help with information and form filling.



There are several ways to contact them, including:



Web: Use our online contact form



Telephone: 0300 500 80 80

Relay UK

Text Relay: 18001 0115 977 4050
People who have hearing or speech difficulties and prefer to communicate via text can use the Text Relay service through the Relay UK app.

SignVideo

Sign Video

People who use British Sign Language to communicate can use the SignVideo app to speak with us.



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

Links in this document

Your Notts Directory website

yournottsdirectory.org.uk/

iWork

nottinghamshire.gov.uk/jobs-and-working/support-to-find-employment/employment-support-learning-disability

Supported living

nottinghamshire.gov.uk/care/adult-social-care/somewhere-to-live/supported-living

CQC website: find a care home

cqc.org.uk/care-services/find-care-home

Nottinghamshire County Council – contact us form

nottinghamshire.gov.uk/contactform

Relay UK app

relayuk.bt.com/how-to-use-relay-uk/download-app.html

SignVideo app

signvideo.co.uk/download

For the standard version of this information, go to:

Support for people with a learning disability | Nottinghamshire County Council

https://www.nottinghamshire.gov.uk/care/adult-social-care/help-living-at-home/support-for-people-with-a-learning-disability

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