

## What is a Learning Disability?

A learning disability is a significant, lifelong condition including:

- Reduced ability to understand new or complex information or to learn new skills
- Reduced ability to cope independently
- A condition which started before adulthood (before the age of 18) with a lasting effect on the individual's development
- An IQ below 70

## Who is in the Team?

All team members are health professionals, they offer:

- assessment,
- treatment and interventions,
- training,
- advice and support

to adults with a learning disability and their family / carers.



**Community Nurses** work with both children and adults. They offer support about physical and mental health, epilepsy and behaviour.



**Clinical Psychologists** offer support about learning, thinking, emotions and behaviour; including forensic issues, dementia, sexual abuse and parenting.



**Psychiatrists** offer support about mental health, epilepsy and behaviour. All referrals must be made via individual's GP.



**Occupational Therapists** offer support about personal, domestic, leisure, work and community living skills. As well as environmental and equipment needs.



**Physiotherapists** offer support about positioning, walking, wheelchairs and other specialist seating and orthotics.



**Speech and Language Therapists** offer support about communication and eating, drinking and swallowing.

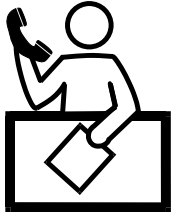


**Dieticians** offer support about nutrition and diet; including gastrostomy feeding.



**Art Therapists** offer support to express complex and difficult emotions through art.

**For further information or to make a referral  
please contact:**



**Team Secretary**



**East Lothian Community  
Learning Disabilities Team  
Dunpender  
Herdmanflat Hospital  
Aberlady Road  
Haddington  
EH41 3BU**



**Telephone: 0131 536 8542**



**NHS Lothian Learning Disability Service**

**[http://www.nhslothian.scot.nhs.uk/Services/  
A-Z/LearningDisabilities/Pages/default.aspx](http://www.nhslothian.scot.nhs.uk/Services/A-Z/LearningDisabilities/Pages/default.aspx)**

**Confidentiality is respected at all times**



## **Community Learning Disability Team**

**Information for referrers**

The Learning Disability Service provides specialist health care, advice and treatment to people with a learning disability through locally based multidisciplinary teams.

It supports other NHS services and care agencies to provide mainstream services to people with a learning disability to enable health improvement.