

- Collaboratively work with other child agencies to ensure safety of the child, e.g. monitoring mental/emotional health, report any concerns
- Provide education to the parent in developing healthy relationships, for example advising parent on maintaining appropriate self-esteem, issues around safe sex and consideration of others' needs

General information about the Community Team for People with Learning Disabilities (CTPLD)

The Community Team for People with Learning Disabilities (CTPLD) is a group of professionals who work with adults who have a learning disability, their families and carers.

The Team is made up of:

- Social Workers
- Occupational Therapists
- Community Nurses
- Clinical Psychologists
- Psychiatrist
- Physiotherapist
- Speech & Language Therapists
- Community Support Worker

The person referred will need to meet the eligibility criteria for the Community Learning Disability Team

Contact details for each team area

Community Team for People with Learning Disability (Northern)

Martyn Long Centre
78 Crawley Road
Horsham
West Sussex
RH12 4HN
Tel: 01403 225130

Community Team for People with Learning Disability (Southern)

1 St Georges Road
Worthing
West Sussex
BN11 2DS
Tel: 01903 843350

Community Team for People with Learning Disability (Western)

72 Stockbridge Road
Chichester
West Sussex
PO19 8QJ
Tel: 01243 813419

We can work more effectively if referrals are received earlier.

Specialist support for people with learning disabilities:

Social Work • Nursing • Psychology
Speech and Language Therapy •
Occupational Therapy • Psychiatry

Working with parents with a learning disability

positive about mental health

Working with parents with a learning disability

Becoming a parent can be a challenging time for anyone. This leaflet sets out the types of support that can be offered by the team to parents with a learning disability.

What can you expect from the Team as a whole?

Team members will:

- Work together in a multi-disciplinary way, to ensure effective communication
- Advocate that the person receives the same service as others
- Work with the Children and Families team, assess and if appropriate offer support
- Liaise with others in the client's network
- Assess the individual's skills and identify areas of difficulty to help clarify what extra supports the person may need, because of their learning disability
- Feed this information back to the person in terms they can understand
- Liaise with family services, and other professionals, to share this information and advise how best to support, and provide information to, the client
- Provide training to family services and other professionals regarding the needs of parents with a learning disability

Team members do not:

- Carry out a "parenting assessment", or assess whether or not someone is a "good enough" parent
- Carry out assessments that are purely for court purposes
- Take over case work, the case lies with the Children and Families Team

What can you expect from the different professions?

Clinical Psychologists

- Carry out a cognitive assessment, which would identify a profile of skills and weaknesses in understanding, reading, memory and learning. Advice can then be given about how to work with the individual to optimise their ability to learn new tasks and sustain new skills
- Interventions could be based on the needs identified in the parent's profile, or other issues relating to the psychological well-being of the person with the learning disability, such as self-esteem, relationship issues (e.g. negotiating with a partner)
- A psychology assessment would not examine the parent's ability to meet the child's needs, nor would it usually examine relationships between family members

Speech and Language Therapists

- Carry out an assessment, usually involving both formal and informal techniques, to gain information on the parent's communication skills, including their ability to understand spoken language, convey information, opinions etc. and their interaction skills
- Make recommendations to others involved about how to facilitate and enhance their communication skills

In some cases, the parent may be offered support in developing their own communication skills with their children. The Speech & Language assessment should not be used as an indication of the person's parenting ability.

Social Workers

Parents with a learning disability are sometimes seen as needing a "Social Worker in their own right" as their child's Social Worker is primarily focused on the child's needs and wishes. This is not appropriate, however;

- CTPLD Social Workers can offer a Community Care Assessment to determine the needs of the parents and ensure that any support provided links with the Child Protection process as appropriate

Occupational Therapists

- Carry out a Daily Living Skills assessment, in order to identify the parent's strengths and weaknesses in supporting themselves at a practical level within the home and local community. This may include looking at how the person copes with cooking, household appliances, accessing local shops, budgeting and pedestrian skills etc
- Draw up a plan of intervention to facilitate the individual's growth and development as a person, in acquiring and maintaining skills, enabling them to gain optimum independence and control of their life
- The OT assessment would focus on the individual's skills and level of functioning and not in their ability to meet their child's needs

Community Nurses

- Support parent accessing primary and secondary health services, e.g. making appointments and accompanying parent to G.P. or ante natal-clinic