

What is a Learning Disability?



A guide for people who have a learning disability.

A learning disability is...



When you have difficulty understanding information.

When you may need help and support with some everyday tasks.

These difficulties will have started before the age of 18.

A learning disability is not...



- A mental illness.
- A physical disability.
- Dyslexia or Dyspraxia
- ADHD
- Everyone with a diagnosis of Autism.

You might have a learning disability because:



Something may have happened to you before you were born or when you were young.

A learning disability is sometimes called a LD or an intellectual disability.



Sometimes we don't know why a person has a learning disability.

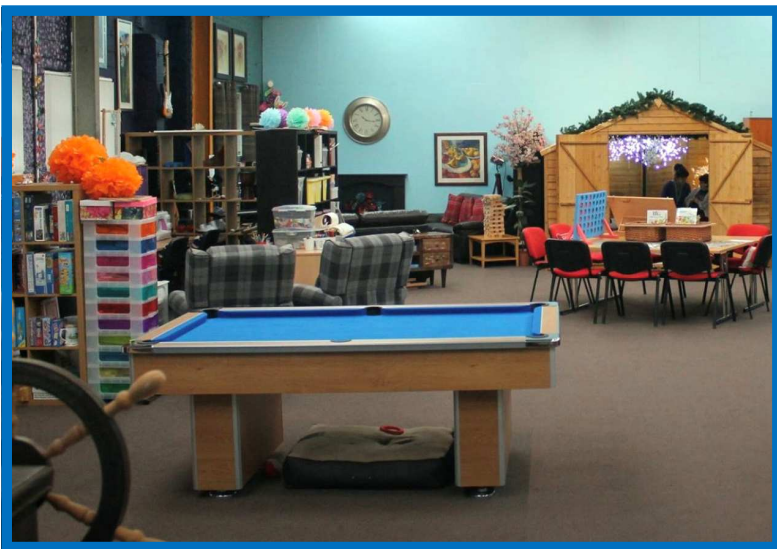
People with a learning disability can...



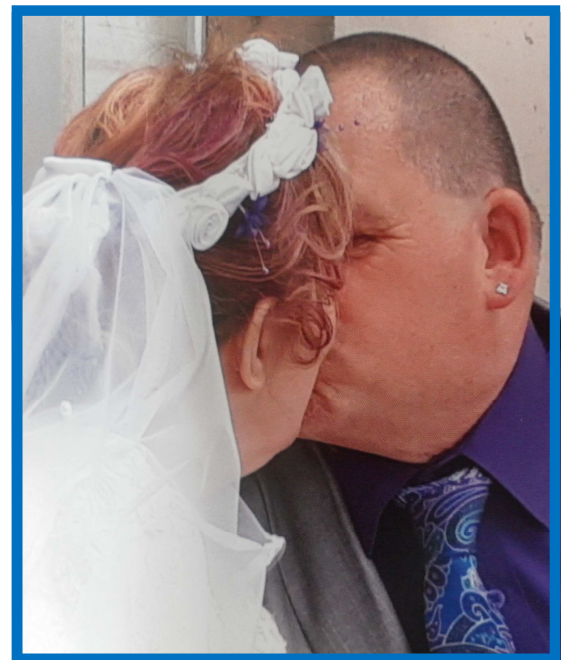
Volunteer or work.



Go to groups or activities.

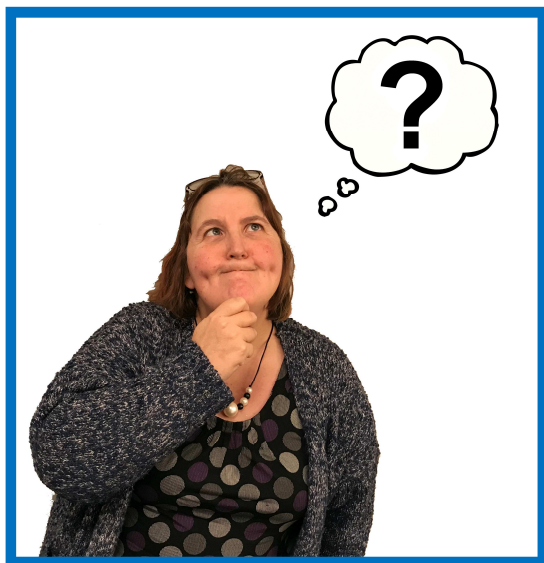


Go to college or skill centres.



Enjoy relationships.

You might find it difficult to:



**Understand or remember things.
Learn new things.**

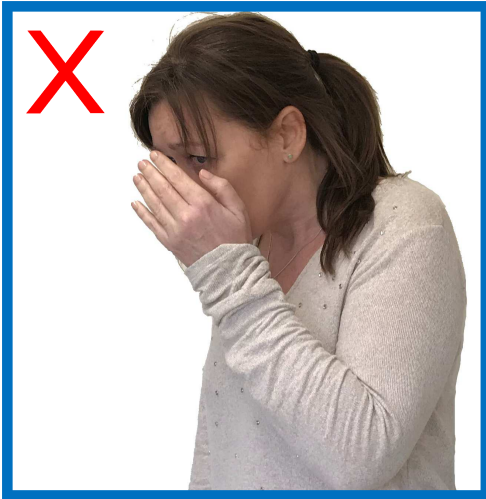
**Communicate.
Make some decisions.**



Tell the time or use money.

Travel on your own.

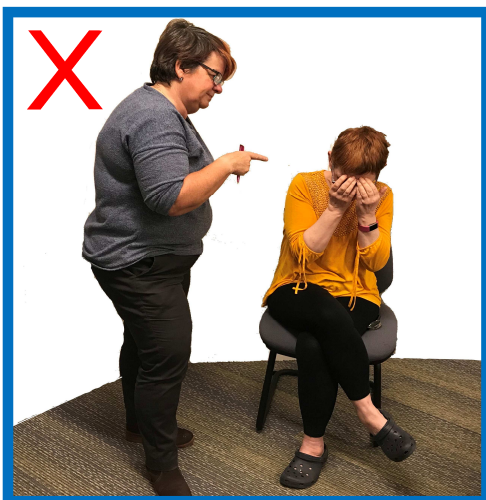
A learning disability is not...



Not something to be embarrassed about.



Not something you have done wrong.



Not something people should be upset with you about.

A learning disability is not something that will go away.

You can have an assessment to find out if you have a learning disability.



We will talk about things you find difficult and things you might need help with.



We will talk about your life, how you feel and the things you enjoy.



We might need to do some puzzles.

It is your choice to have an assessment.

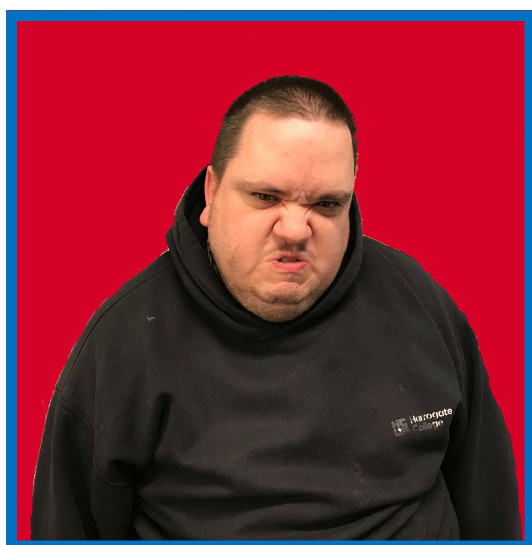
How it might feel to have a learning disability:



You might feel **happy** to know you can get support with things you find difficult.



You might feel **confused**. It might be a lot of information to think about.



You might feel **angry or upset** knowing that you might need support to do things.

Talking about how you feel might help.

What changes if you have a learning disability?



Having learning disability does not change who you are.



People with a learning disability can live a full life just like everyone else.



You might be able to get support:

- **To get money to help you live.**
- **To look after your health and wellbeing.**
- **To volunteer or work.**

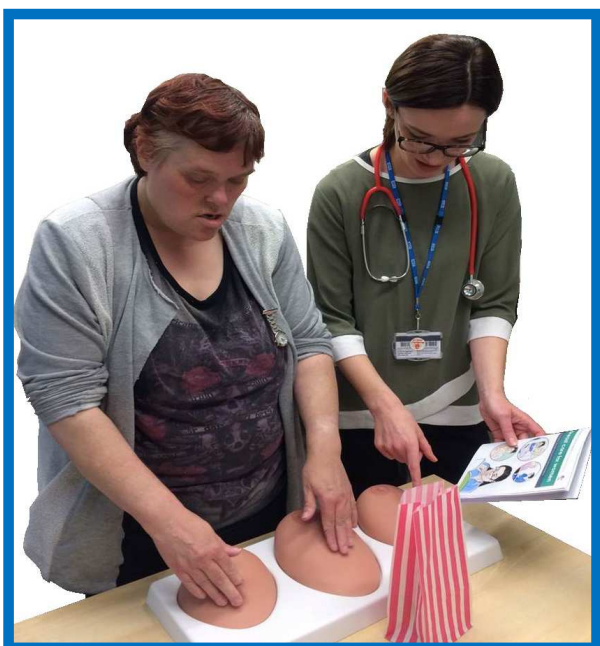
Please ask us if you need more information about support.

A learning disability is a disability under the Equality Act (2010). This means:



Services need to make 'reasonable adjustments (changes) to help you.

For example, giving you information in a way you can understand.

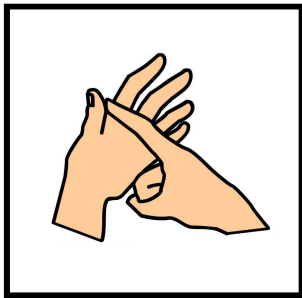


You are entitled to an annual health check with your GP every year. This will help keep you healthy.



You can use NHS learning disability services.

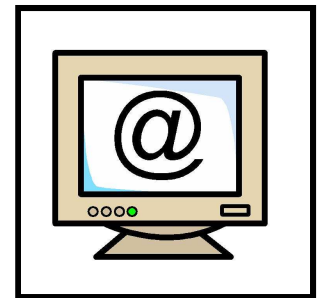
If you would like this book in another format or a different language, please contact the Patient Advice and Liaison Service on 08000154334.



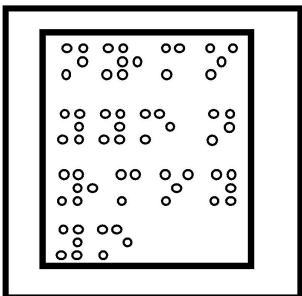
British Sign Language



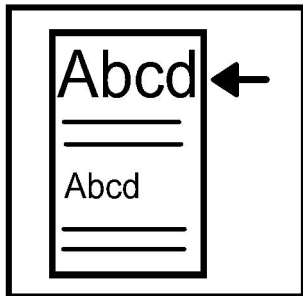
Interpreter/
Advocate



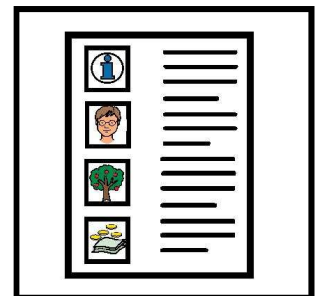
Email



Braille



Large Print



Easy Read

Thankyou

