



# Carers of Adults with Learning Difficulties

**JUNE  
2005**

Caring for an adult with Learning Difficulties can be rewarding, but there may also be periods of feeling isolated and frustrated. You may feel that as a parent or family member, it is your duty to continue to care for your relative, and always be there for them. You may also be worrying about what may happen at the time when you are no longer going to be able to continue caring for your relative.

These are all very normal and common concerns for Carers of people with Learning Difficulties.

## **What We Offer Carers of Adults with Learning Difficulties**

Carers Support Workers can provide individual information and support. The Carers Line is available for Carers who need to talk through any problems or queries they have. Our quarterly newsletter also has useful information about services and local and national news and events.

## **Carers Groups**

You may find it helpful to meet with other Carers of people with Learning Difficulties, who have similar experiences. At the moment there is a support group which meets on the third Wednesday of each month in Keynsham, and welcomes Carers of Adults with Learning Difficulties who live in the Keynsham and Chew Valley areas.

If you are interested in hearing more about this group, please contact:

**Keynsham & District Community Learning Difficulties Team**

**☎ 0117 9862106**

If you live outside of these two areas, please let us know if you feel that a support group such as this would be of interest to you.

## **LOCAL AUTHORITY AGENCIES**

There are two locality teams within B&NES who support people with Learning Difficulties and their Carers. These teams are made up of both Health and Social Services personnel. They are:

**Bridges Community Learning Difficulties Team**

**Frome Road**

**Bath**

**BA2 5RP ☎ 01225 831566**

*(Covering Bath and Norton Radstock areas)*

**Keynsham & District Community Learning Difficulties Team CLDT**

**1, Bristol Road**

**Keynsham**

**BS31 2BA ☎ 0117 9862106**

*(Covering Keynsham and Chew Valley areas)*

**Carers line (01761) 431389**

**Mon – Thur 9.00am – 11.00am and 1.00pm – 3.00pm**

**Friday 9.00am – 11.00am**

**Email: [carerssupport@thecarenetwork.co.uk](mailto:carerssupport@thecarenetwork.co.uk)**

**[www.thecarenetwork.co.uk](http://www.thecarenetwork.co.uk)**

Through Community Care Assessments and regular reviews, the staff in these teams will help you to plan an appropriate care package for the person with Learning Difficulties and yourself. This may involve advice on day time activities for the person with Learning Difficulties, including day centres, work and leisure opportunities.

The CLDT may also be able to offer guidance on support during evenings and weekends, respite care available within B&NES and residential and supported living projects within the area.

**For further information on the Assessment process please also see our information sheet about Carers Rights.**

### **Person Centred Planning**

There is now an emphasis on enabling people with Learning Difficulties to make more decisions for themselves, about what they want to do in their lives and the services and support that they need. This can be done through a *Person Centred Plan*. These are independent plans made with the individual, with support from other key people in their lives, including parents and Carers. The organisation leading the project on PCP in B&NES is the Brandon Trust. The project seeks to directly involve parents and Carers in training and planning. **For further information contact Andy Bright ☎ 0117 9077200**

### **Day Time Activities**

There are various options for daytime activities for adults with Learning Difficulties, these include day centres such as; Carrswood, *Connections* and *SWALLOWS*; as well as college, voluntary work, paid employment, or leisure activities. There are two Social Services Teams who can help individuals find suitable day time activities, they are:

### **Employment Development Team**

Offers support and advice to disabled people and Carers who wish to find employment. This can be full or part time, with the expectation that people will be paid. They also set up training places that can lead people into employment.

☎ **01225 396204**

### **Community Day Services Team**

Supports disabled people to find daytime activities away from conventional day centres, for example voluntary work, college, or leisure activities and opportunities for individuals to join activity groups within the community.

☎ **01225 396686**

### **Housing**

Many people with Learning Difficulties still live at home with relatives, however there are other options for people, including residential homes, small group homes and supported living.

### **Supported Living**

There are various supported living schemes locally, which provide the opportunity for individuals with a Learning Difficulty to live in their own home either on their own or with a small group of other people, with an individualised package of support. This may be from a few hours a week to 24 hours a day. Some of the local providers include; OWLS, SWALLOW and Keyring.

### **Social Activities for Adults with Learning Difficulties**

There are several voluntary organisations within B&NES which whilst primarily offering leisure opportunities to adults with Learning Difficulties, allow you as the Carer some time to yourself. A few such groups are listed as follows:

## **Keynsham and District Mencap Society**

Offer a variety of sport and leisure projects in Keynsham including Gateway Clubs and Sports Clubs.

☎ **0117 9865659**

## **Bath 18+ Gateway Club**

No set venue.

Various activities on Wednesday evenings

Chosen by members

☎ **01373 859326**

## **Keynsham Monday Club**

Meets Monday evenings at The Elim Pentecostal Church

Balmoral Road, Keynsham

From 7.30pm to 9.00pm.

☎ **01275 854850**

## **Bath Mencap and Gateway Sports Club**

Meets on Thursday evenings at Bath Sports and Leisure Centre

From 6.00pm to 8.00pm

☎ **01225 859385**

## **Seals Swimming Club**

Meets Sunday Mornings at:

Keynsham Leisure Centre

Temple Street, Keynsham

From 11.30am to 12.30pm

☎ **0117 9861438**

## **SWAN Disabled Swimming Club**

Meets on Sunday mornings

South Wansdyke Leisure Centre

Midsomer Norton

10.00am – 11.00am

☎ **01761 412080**

## **NATIONAL SOCIETIES**

There are several national societies which may be able to offer help and advice and which may also have local support groups. For example:

### **Mencap**

123 Golden Lane  
London EC1Y 0RT

☎ **0207 4540454**

[www.mencap.org.uk](http://www.mencap.org.uk)

### **The National Autistic Society**

393 City Road

London EC1V 1NG

☎ **0207 8332299**

[www.nas.org.uk](http://www.nas.org.uk)

### **Down's Syndrome Association**

155 Mitcham Road

London SW17 9PG

☎ **0845 230 0372**

[www.downs-syndrome.org.uk](http://www.downs-syndrome.org.uk)

### **The Foundation for People with Learning Disabilities**

Sea Containers House

20 Upper Ground

London SE1 9QB

☎ **0207 8031100**

[www.learningdisabilities.org.uk](http://www.learningdisabilities.org.uk)

### **British Institute of Learning Disabilities**

Campion House

Green Street

Kidderminster

Worcestershire DY10 1JL

☎ **01562 723010**

[www.bild.org.uk](http://www.bild.org.uk)

**The Care Network, 1 Riverside Cottages, Radstock, Bath BA3 3PS**  
**Office (01761) 431388 Carers Line (01761) 431389 Fax (01761) 431288**  
**Email: [carerssupport@thecarenetwork.co.uk](mailto:carerssupport@thecarenetwork.co.uk)**  
**Company No 3289938 Charity No 1060080**