



Community Team for People with Learning Disabilities

To get help from the team you can:



Phone us on:

01904 528300



Write to us.

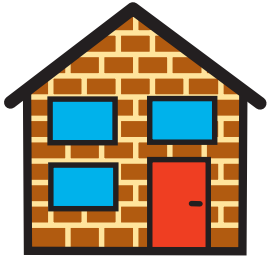
Come in and see us:



**Systems House
Amy Johnson Way
Clifton Moor
YORK
YO30 4XT**

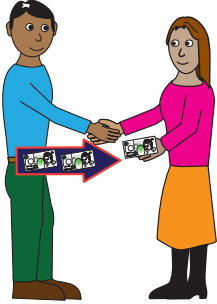
LDS

Learning Disability Service



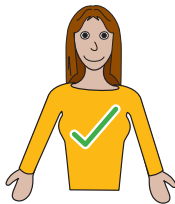
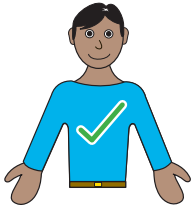
Housing

Where you live and help you need to live in your home.



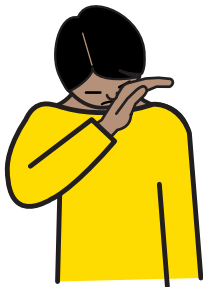
Buying your own support

We can give you money to buy the support you need and agree with you how it should be spent.



- Epilepsy
- Healthy living
- Eating & drinking
- Your body

Your Mental Health

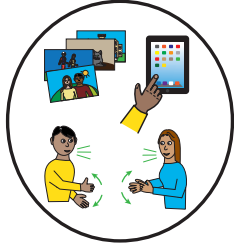


We can talk with you about how you are feeling.

How you spend your day



We can help you plan what you do during the day. This might be work, study or meeting with friends.



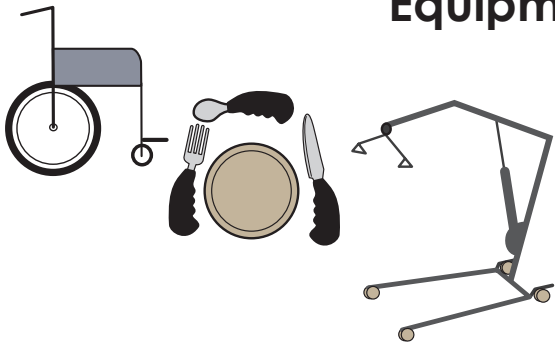
Communication

Help to let people know what you need, help you to understand and help to express your feelings.



Being Independent

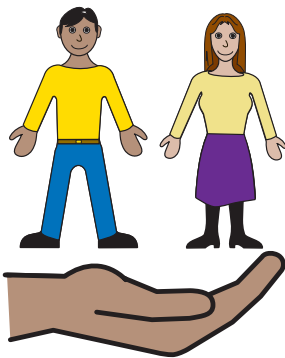
Learning to do things for yourself, like cooking and getting to places.



Equipment

Equipment you need to:

- Help with moving, or
- Make things easier for you.



Carers

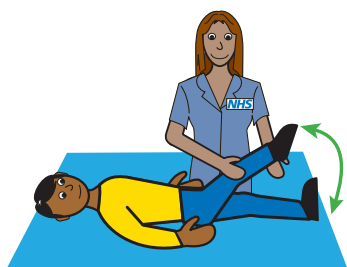
We can help your carers to support you.



Help with support services

We can arrange care support in your home and short breaks.

People in the team who can help you are:



Physiotherapist



Care Manager



Occupational Therapist



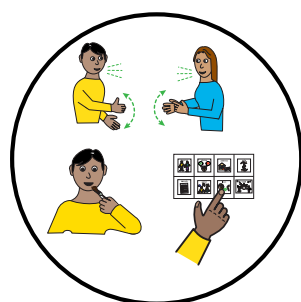
Psychologist



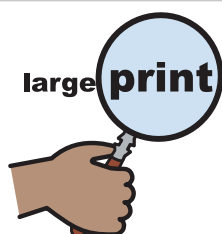
Community Nurse



Psychiatrist



Speech & Language
Therapist



This leaflet is available in large print or on CD.

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