



This leaflet has been  
checked by the  
Learning Disability  
Talk and Listen Group

# Speech and Language Therapy for Adults with Learning Disabilities



Some people will need someone to help them to go through this information so that they understand it.

This person may be a member of staff, someone from your family or a friend.



Our Speech and Language Therapists will help you to:

- communicate in your own way and make yourself understood
- make sure your carers can communicate with you successfully
- make sure you can eat and drink safely

## Communication



Communication means telling other people what you want, think and feel.



It means understanding other people and information.



People communicate in lots of different ways:

- Talking
- Listening
- Writing
- Signing
- Pointing
- Facial expression
- Drawing pictures
- Using photos or symbols
- Using an iPad or laptop



A speech and language therapist can help other people understand the best way to communicate with you.



They can help you find ways to communicate that work for you. For example:

- signing
- using objects
- using photos

## Eating and Drinking



A speech and language therapist works as part of a team to find out if you have difficulties eating and drinking.



Sometimes people find chewing and swallowing difficult.



This can cause other problems.  
For example:

- coughing
- choking
- chest infection, which can happen when food or drink goes into the lungs



The speech and language therapist will try to make your eating and drinking safe and enjoyable.

## The speech and language therapist will:



Ask you where you want to see us.



Visit you at home, day service or college.



Ask you some questions and talk to your family and carers.



Write plans with other professionals that give advice to help with communication or eating and drinking.



Provide training for support staff and carers.





Work with other services to help them make changes to support you with your communication and eating and drinking.



This helps carers and families to provide a better service for people with learning disabilities.

Leicestershire Partnership NHS Trust

Family Young People & Children's Service  
Learning Disabilities Division  
LDR LD Community & Inpatient Services  
Room 100715, Pine Lodge Building  
County Hall, Leicester Road  
Gloucester  
Leicestershire  
LE1 5RH

**Learning Disability Service Health Care Plan**

What help do you need from the learning disability service?

Name: John Smith  
Date of Birth: 09/02/1982  
NHS Number: 12345678

This information has been discussed with: Sarah Smith

	<b>Community Nurses will help you to:</b> <ul style="list-style-type: none"> <li>Stay well.</li> <li>Help the people that work with you to make sure you receive the best care possible.</li> </ul>
	<b>Occupational Therapists (OT) will:</b> <ul style="list-style-type: none"> <li>Work with you to see what help you need in your everyday activities.</li> <li>Look at what help you need to live more independently.</li> </ul>
	<b>Physiotherapists will:</b> <ul style="list-style-type: none"> <li>Help you move better.</li> <li>Help you with lying, sitting, moving and walking.</li> </ul>

We will write a care plan together about how to support you.

You can decide who helps to write your care plan.

We will make sure you get a copy of this.



If you think you need help from speech and language therapy, you or your carer can contact The Learning Disability Access Team.

**LD Access Team**

Tel: 0116 295 4528

Email: [ldpt.ldaccess@nhs.net](mailto:ldpt.ldaccess@nhs.net)