



**Manchester Local
Care Organisation**

Leading local care, improving
lives in Manchester, with you

Community Learning Disability Teams

Meet the health staff



Powered by:



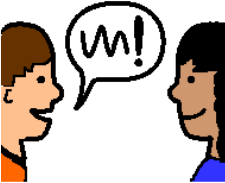
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Community Nursing

We are nurses and assistant practitioners.

We can help you understand your health.



You can tell us if you are worried about your health.
We will work together to help you.



We can help you learn about your health and how to look after it. Things like eating a healthy diet and exercising.



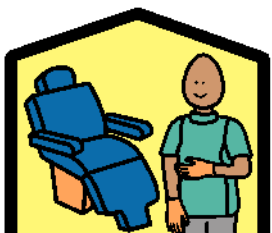
We can support you with your medicines.



We can give you easy read information about your health.



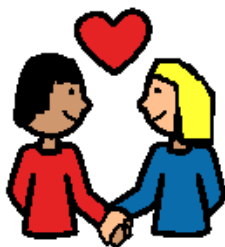
We can talk to you and your carers about your health. Together we can make a plan called a Health Action Plan.



We can help you to see other health workers, people like your doctor, your dentist. We can tell you about other services that might help you.



We can support hospital staff to understand your needs if you have to go to hospital.



We can help you understand about friendships and relationships. We will talk about whatever you want, things like being gay, being straight, keeping safe, getting pregnant.



We can help if you hurt other people or yourself. We can help you find better ways to deal with these feelings.

Occupational Therapy

We are occupational therapists and occupational therapy technicians.



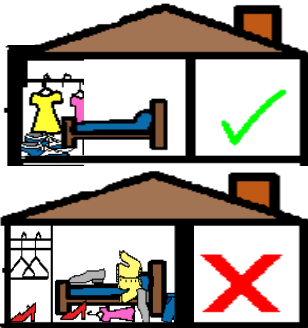
We can work together to find out how you look after yourself. This finding out is called an assessment.



We will assess how you look after yourself. Things like washing, bathing, planning your meals, shopping, making meals and looking after your money.



We will assess how you look after your home. Things like hoovering, dusting and cleaning the toilet.



We can help you stay safe at home. We can do this by helping you make your home safer, tidier or cleaner.



We can get you special things to help you keep safe or things to help you do things by yourself. These things are called equipment.

We can help you stay safe outside your home by helping you learn skills, things like:



crossing the road

using a mobile



We can help you feel well and good about yourself by keeping busy.



We can help you find things you enjoy doing. Things like art, sports, college, work



Some people have problems with noises or lights or touch. We can find out about these problems. We can help you cope with your problems.

Physiotherapy

We are physiotherapists and physiotherapy technicians.



We can help you to move better.
Here are some things we do:



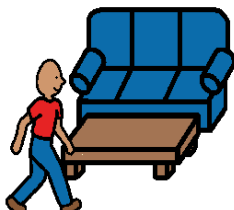
We ask some people to exercise in a warm pool. This is called hydrotherapy.



We can give you special exercises to help your joints and muscles.



We can help you cope with your pain.



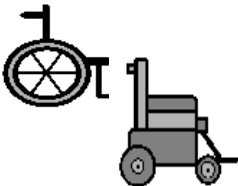
We can show you and your carer about how to help you move around your home safely. We can help find the best way for you to move.



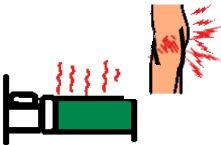
We can get you equipment to help you like walking frames and special shoes. We will show you and your carers how to use your special things.



We can ask a doctor to find out why moving is hard for you. We will come to appointments with you.



If you need a wheelchair, we will help you get the right one.



We can help if you get sore skin when are sitting or lying in bed.



We will help you find a safe and comfortable position to eat and drink in.



We can help you when you have a poorly chest – this is called 'chest care'.

Psychology and Behavioural Support Service

We are clinical psychologists, behavioural support workers, trainee clinical psychologists and assistant psychologists.

We can help with problems about thinking, feelings and behaviour. Things like:



Feelings - we can help if you feel very sad, angry or worried.



Behaviour - we can help if you do things that cause problems for you or other people. Things like breaking things or hurting other people or yourself.



Thinking - we can help you if you have problems with your thinking. Things like forgetting things or having frightening thoughts.

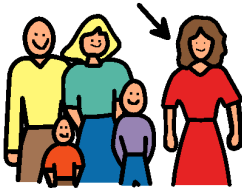


We can help if you are having problems in your relationships.

There is always a reason people think, feel and do the things they do. Everyone is different.



We will talk to you to find out about your problem. This finding out is called an assessment.



Sometimes we will talk to people who know you well to help us find out about the problem.



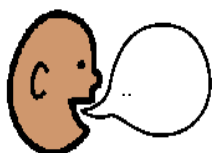
When we understand the problem, we will work together to think of ways to make things better.

Speech and Language Therapy

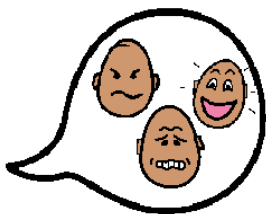
We are speech and language therapists and assistants.



We can help you understand what other people are saying.



We can help you tell people about important things. Things like...



talking about your feelings.



talking about your health.



talking about what you want to do.

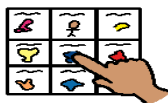


We can help if people find it hard to understand your words.

Not everyone finds talking easy. Some people need other ways to tell people things. Ways like:



signing



using pictures



using a talker



using objects



writing



drawing



We help people with problems with their eating, drinking and swallowing.

We will help you and your carers understand what has gone wrong and how to keep safe and well.



spoon with big amount of food.



spoon with small amount of food



big piece of food



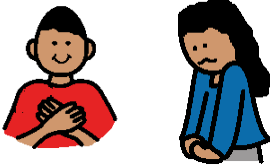
small piece of food

Psychiatry

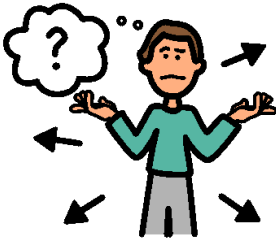


I am a psychiatrist.

A psychiatrist is a doctor who only works with people with mental health problems and behaviour problems.

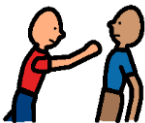


All of us have felt happy, sad, angry and confused in our lives.



Sometimes these feelings can come on for no reason.
Sometimes these feelings can become too hard to deal with.
This may mean you have a mental health problem.

Sometimes people with mental health problems do things like:



- hitting other people



- hurting yourself



getting
angry



shouting



breaking
things



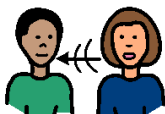
running away



Psychiatrists try to find out why you are having problems.



I may give you medication to help you feel better.



I will tell you about other things to help you feel better. Things like having things to do, having time to talk about your feelings, helping you communicate more.



I will talk to you, your carers and other health staff to make sure you get the best treatment.

Important Things



We can meet with you at home

You can come to our offices.



North team:
Crescent Bank



South team:
Etrop Court



Central team:
Claremont Resource Centre

We can work with people:



at a day centre



at college



at work



in the community



We can work with you on your own. You can come with a carer or friend.



You may work with one health worker or all of us.

Our work together is private. We will only tell people about it if:



you say it is okay
people need to know to keep
you safe.

This is called keeping things confidential.



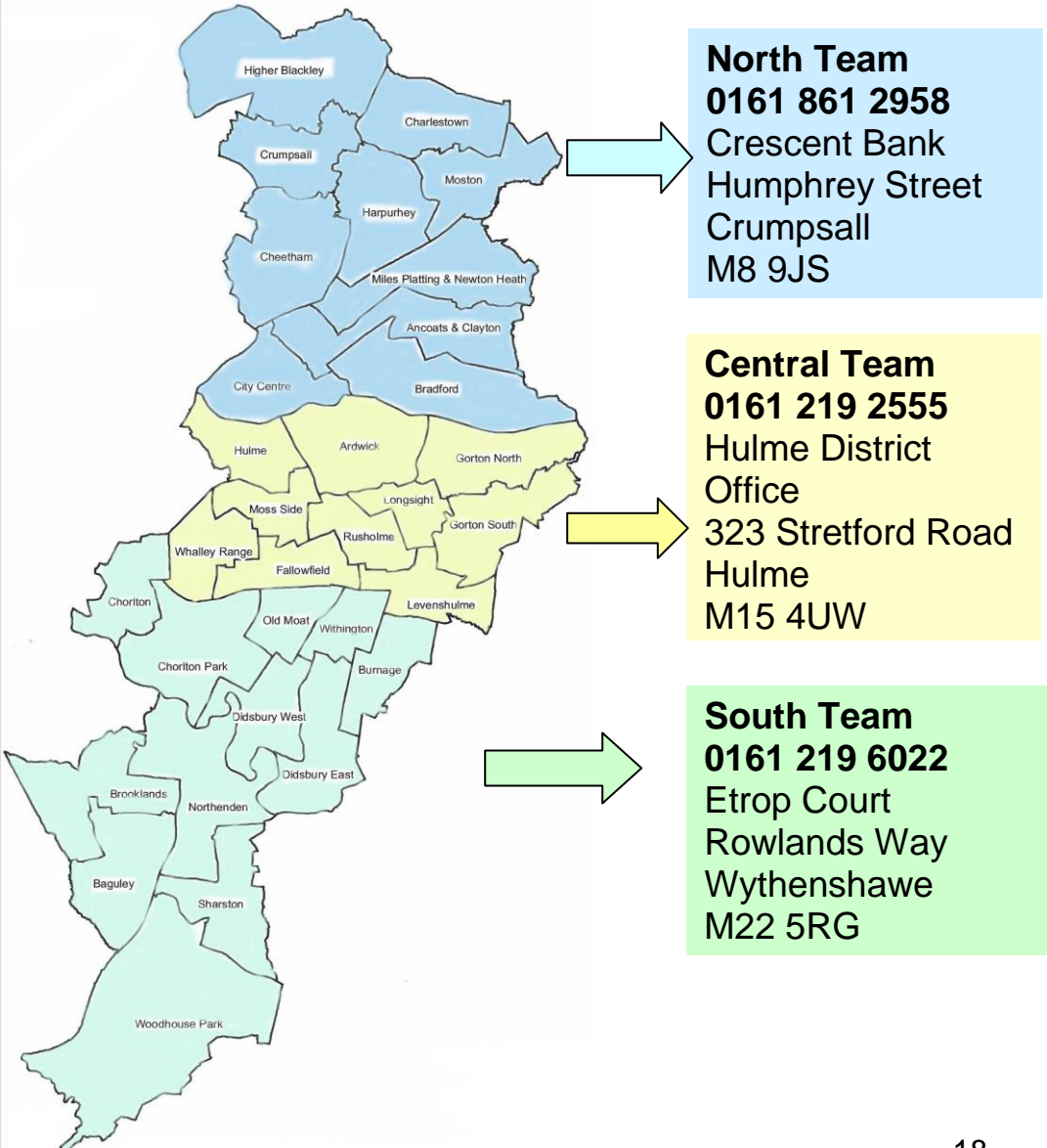
We sometimes have students working with us. Students are learning to be health workers.



You can say 'yes' or 'no' to working with a student

How to get in touch with us:

If you have any questions you can call:



If you need this information in another format,
please contact your local Community Learning
Disability Team.

Advice on content, format and design has been
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Written by health staff and the Manchester Confirm and
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