



The role of a Community Nurse for adults with learning disabilities

Information leaflet for families and carers of adults with learning disabilities living in South Worcestershire

This leaflet is designed to help families and carers to understand how a Community Nurse and Community Healthcare Support Worker in the Community Learning Disabilities Team can help adults with learning disabilities who need support with health issues.

Who we are:

The Community Nursing Staff for adults with learning disabilities in South Worcestershire are based within the Integrated Community Learning Disabilities Team and consist of:

- Professional Nurse Lead
- Community Nurses (Learning Disabilities)
- Community Healthcare Support Workers

What is a Community Learning Disability Nurse?

The main role of a Community Learning Disability Nurse involves:

- Improving or maintaining a person's physical and mental health
- Reducing barriers to the person living an independent life
- Supporting the person in living a fulfilling life

Community Learning Disability Nurses may also help people to learn the skills needed to find work. This can be significant in helping them to lead a more independent and healthy life where they can relate to others on equal terms. We can also offer support to the person's families, Carers and friends.

What we can help with:

- Assessment of healthcare needs
- Communication (including sight and hearing)
- Continence
- Heart and Breathing
- Allergies
- Dental and Personal hygiene
- Sleep hygiene
- Mobility
- Skin/tissue viability
- Managing Epilepsy
- Men's and Women's health
- Managing Diabetes
- Drugs and alcohol
- Healthy eating, weight and nutrition
- Endocrine (including thyroid and hormones)
- End of life
- Health Action Plans
- Risk Assessment
- Continence promotion
- Promotion of good health
- Advice and support around management of behaviours of concern, including feelings and emotions
- Assessment and support with mental health, including dementia
- Independence and social skills development

- Development of personal relationships and promotion of sexual health
- Assessment, advice and support to parents with learning disabilities
- Annual Health Checks with the GP
- Hospital Passports
- What to do when the person becomes poorly
- Help with taking bloods
- Advise on how to keep safe in the community
- Prepare and support the person at appointments with specialists
- Offer training to staff to support the person's needs
- Check the person's medication is working properly

How to make an enquiry or a referral to this service?

Anyone can make a referral, such as Professionals, Carers or people with learning disabilities themselves. All referrals or enquires can be made directly to the Team. Contact details are on the inside back page of this leaflet.

Referrals are accepted for adults who have learning disabilities and are over the age of 18 years.

What can be expected following a referral to our service for a Community Learning Disability Nurse?

- Where the referral is appropriate, we will arrange to meet with the person, their family and Carers to discuss the referral
- An initial assessment will be undertaken and a planned programme of care will be developed
- Specific assessments may also be required at this point e.g. Continence, Pressure Ulcer, Nutrition or Behavioural
- If referrals to other Professionals are considered necessary e.g. Physiotherapy or Occupational Therapy, these will be discussed with the individual and/or their Carer where appropriate
- Nursing Care Plans will be reviewed and evaluated regularly. The individual will receive a copy of the Care Plan
- On discharge, a summary of work will be discussed with the individual and/or Carer as appropriate. A written copy of this can be requested.

Sources of national advice and support:

- www.bild.org.uk - website for the British Institute of Learning Disabilities
- www.autism.org.uk – website for the National Autistic Society
- www.mencap.org.uk – website for Mencap
- www.easyhealth.org.uk – website for accessible, clear, practical and easy to understand health information.

General Advice:

- If you have any worries about the person's health, please take them to see their Doctor straight away.
- You can also contact the NHS by calling 111 using your phone.
- **If you think it's an emergency then call 999**

Local support:

Onside Independent Advocacy

Address: Williamson House, 14 Charles Street, Worcester, WR1 2AQ

Telephone: 01905 27525

Fax: 01905 28554

Email: info@onside-advocacy.org.uk

Social Care

Social Services: Tel: 0845 607 2000



Contacting the team:

Our address is:

South Worcestershire Community Learning Disabilities Team

Wildwood Building

Ground Floor North

Wildwood Drive

Worcester

WR5 2LG

Tel: 01905 844716 or 01905 845439

Fax: 01905 765876

Email: LDSouthadmin@worcestershire.gov.uk

Opening Times:

The team can be contacted from 9:00 am to 5:00 pm, Monday to Friday.

Out of Office Hours the Emergency Duty Team can be contacted on: 01905 768020.

Acknowledgements: Gateshead Primary Care NHS Trust and South Tyneside Primary Care NHS Trust

Do you have a concern, complaint or comment?

We always value feedback from you about the care you receive and you may be contacted to comment on the service. However, if you wish to make a compliment, comment or complaint please contact:

Patient Relations Team
Worcestershire Health and Care Trust
Isaac Maddox House
Shrub Hill Road
Worcester
WR4 9RW

Tel: 01905 681517

Email: Whcnhs.pals@nhs.net

Do you have a communication or information support need?

If so please contact the person who gave you this leaflet so that those needs can be recorded and responded to.



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