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| |  | | --- | | C:\Users\uddinl\Downloads\Group 44.png | |  | what HAVING A LEARNING DISABILITY CAN MEAN. A learning disability is different for everyone.  Many people who have a learning disability can work, have relationships, live alone and get qualifications.  Other people might need more support throughout their life.  A learning disability is different for everyone.  No two people are the same.  Support for people with a Learning Disability and Family Carers?  Doctors and other health workers might be able to tell if a person has a Learning Disability when they are very young but some people get a diagnosis later in their lives. This can be when they are adults.  If you are diagnosed with a Learning Disability, you might be referred to other Health Professionals to get the support you need. |
| Useful contacts Citizen Advice Bureau for welfare and benefits advice  020 3855 4472 |  | What support can you get?    |  |  | | --- | --- | |  | **Physical health**  Annual health checks at your GP surgery  Making sure, you have the right support to attend medical appointments.  **Mental Health**  Talking therapies.  Wellbeing. groups/Classes  Mental Health Review  For more information, please contact your GP. | |  | **Social Care**  Access to day center/ College  Assessment for care packages  Support for Carers  Help to access Benefits.  For more information contact the London Borough of Newham Social Services on  0208 430 2000 | |