NHS
Humber Teaching
NHS Foundation Trust

Community Learning Disability Team

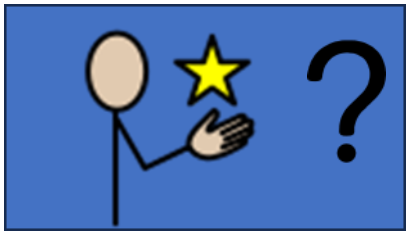
Physiotherapy

Introducing Our Service

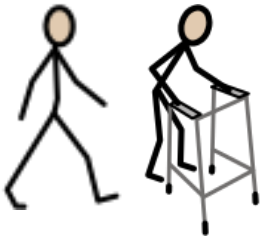
What can clients expect from our service?

We help people stay healthy and well.

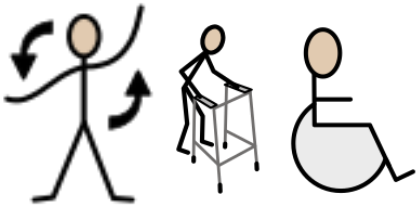
Caring, Learning
& Growing Together



What things can we help you with?



Walking.



Moving around.

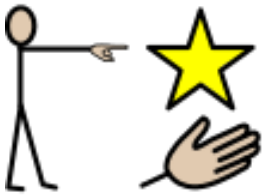
Sitting and lying comfortably.

Constipation issues.

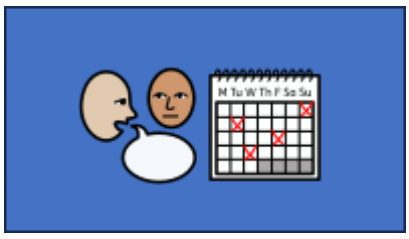
Improving independence.

Pain Management.

Falls.



We can signpost you to other services who may be able to help you.



<u>How often will we be in contact?</u>

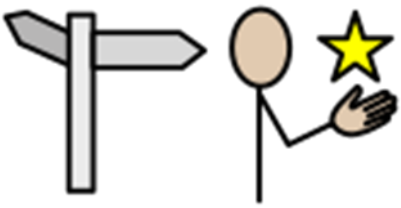
This depends on your individual needs.

NHS
Humber Teaching
NHS Foundation Trust

Frequently asked questions

I want to make a referral to the Learning Disabilities physiotherapy service what should I do?

Please call and ask to speak to one of the physiotherapist and we can help you to decide if we are the right physiotherapy service for you.



Sometimes you might need to see a different type of physiotherapist, we can help direct you to the correct service for you.

Caring, Learning
& Growing Together

Can you get me a wheelchair?

No. But we work closely with the wheelchair services.

Any questions in relation to wheelchairs, please contact:

AJM Healthcare Hull and East Riding Wheelchair Services

TEL: 0808 175 3969

email:

ajm.ery-hullwheelchairservices@nhs.net

I had physio at school but have not had one since. Do I need to see a physiotherapist now?

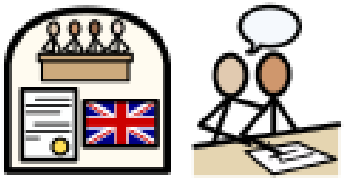
Please ring the team and speak with a physiotherapist to discuss your physiotherapy needs and we can help you to decide if we are the right physiotherapy service for you.

Are these documents of any use to you?

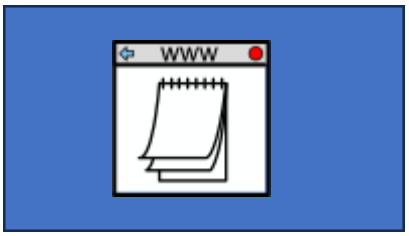
The Role of the Specialist Learning Disability Physiotherapist - YouTube

Next patient has a learning disability Leaflet - https://acppld.csp.org.uk/system/files/publication_files/so_your_next_patient_has_a_learning_disability_-_booklet.pdf

Video about how other physiotherapists may make reasonable adjustments to help people with Learning Disabilities: https://www.youtube.com/watch?v=mzK_q5rg6TI



Government guidance for activities for people with disabilities - https://assets.publishing.service.gov.uk/media/620b9d22e90e0710c0efc5ee/physical-activity-for-disabled-adults.pdf



Useful websites

Changing places- https://www.changing-places.org/

Link to Acppld- https://acppld.csp.org.uk/

Link to lifestyle support websites (move for Life)-

https://www.movingforlife.org/

Government guidance on activities for people with LD-

https://assets.publishing.service.gov.uk/media/620bab28d3bf7f4f0feeef14/infographic-physical-activity-for-disabled-children-and-disabled-young-people.pdf

Easy read information about “Getting Active”

https://www.mencap.org.uk/sites/default/files/2020-07/2020.162%20Lets%20Get%20Active%20-%20Easy%20Read.pdf

Humber Teaching NHS Foundation Trust

Easy read information about “A Healthy Diet”

https://www.mencap.org.uk/sites/default/files/2021-08/A%20Healthier%20Me%20Combined%20files.pdf

Caring, Learning & Growing Together