

Community nursing team in Darlington for adults with a learning disability

Providing community support to adults with a learning disability in Darlington



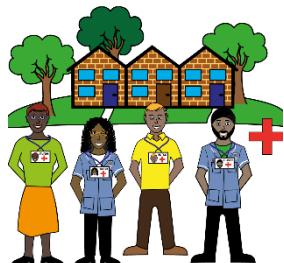
Hundens Lane Resource Centre
Hundens Lane
Darlington
DL1 1DT
01325 522050



What is a community team?



A community team has different professionals that can support you with your mental and physical health.

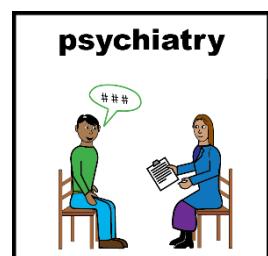


In our team we have:

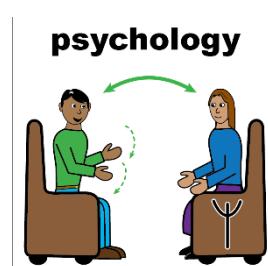
- Community nurses



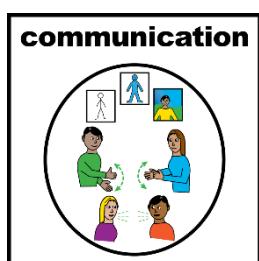
- Community support workers



- Psychiatrists



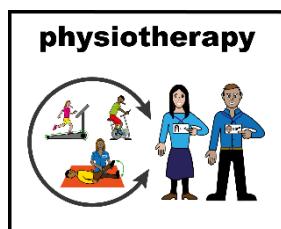
- Psychologists



- Speech and language therapists

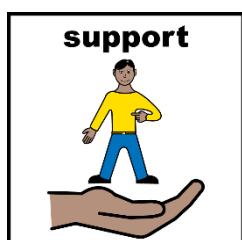


- Occupational therapists



- Physiotherapists

What can we do to help?

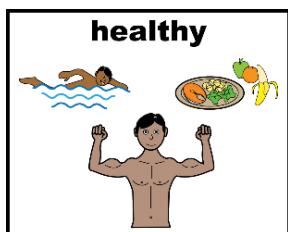


We can help and support you when you feel that things are difficult.

We can also help you if you are struggling with your:



- Mental health



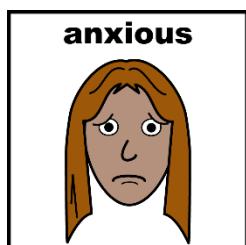
- Physical health



- Daily living skills

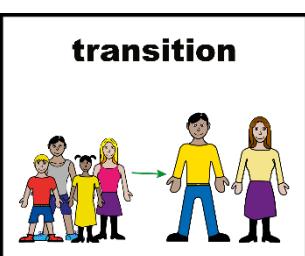


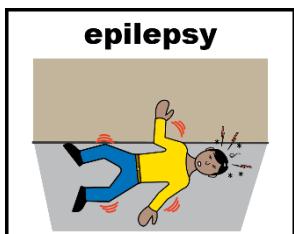
You can speak to us if you have a diagnosed condition or if you think you may have a condition and need help.



Some of the things we can help with are:

- Autism or Attention Deficit Hyperactive Disorder (ADHD)
- A mental health condition such as Anxiety or Depression
- Managing Psychosis
- Dementia
- Trauma
- Positive Behaviour Support (PBS)
- Medication
- Preventing hospital admission for mental health
- Moving to new areas or moving from children's to adult services.
- Physical health management and wellbeing



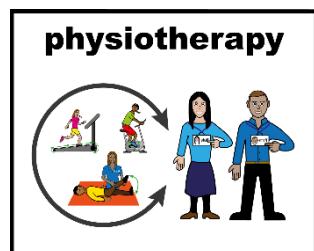


- Reducing the risk of you falling

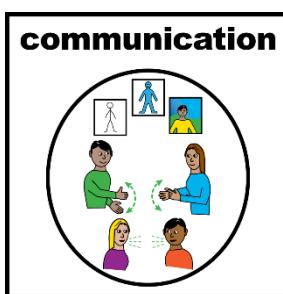
- Epilepsy

- Issues with your bowels

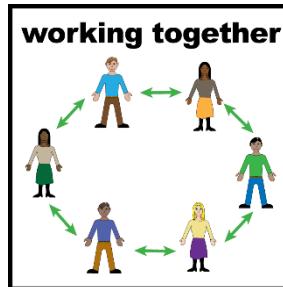
- Support with moving around and Physiotherapy plans



- Support with equipment, how you function and Occupational Therapy plans

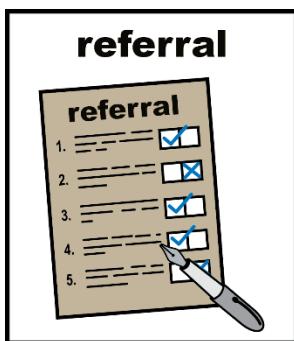


- Support with communication, eating and drinking and Speech and Language plans



- Working with other teams and services such as a Social Worker or GP, to support you

How to get support from our team

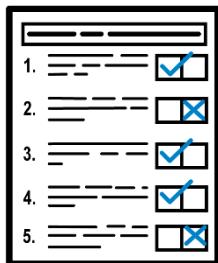


The team can get a referral from:

- You
- Your parent or carer
- Your GP
- A social worker
- An advocate if you have support from them.

We can accept referrals from anyone.

What happens next



We will get a form with your details on.

This tells us how we could help you.

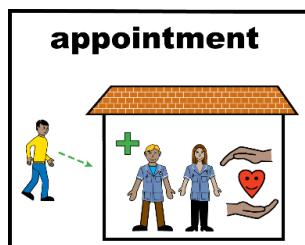
phone



We will call you or those that support you and ask some questions.

This is so we can understand how we can help you.

It also helps us to decide who is the best person to support you.

**appointment**

We will arrange an appointment to see you at Hunden's Lane clinic or at your home.

**assessment**

A member of the team will do an initial assessment.

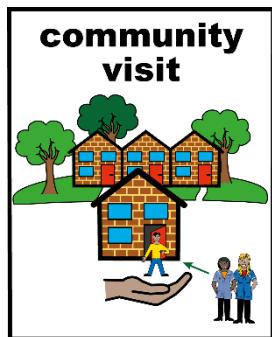
This means they will look at everything and how best to help you.

**set goals**

Then they will agree with you what goals you would like to work on.

**care planning**

Together we will develop a care plan.



We will visit you regularly to talk about how you are feeling.



We will talk to you to see if you are meeting your goals and to keep your care plan up to date.

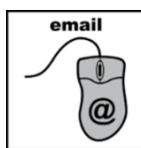
If you are unhappy about our services...



Please tell a member of staff



Freephone 0800 052 0219 or



Email tewv.complaints@nhs.net



Feedback

We'd like to know if you thought this information was



- Good or bad
- if anything was missing you wanted to know
- if there was anything you didn't understand.



Find this information

Staff: Trustwide shared drive > Patient and Carer Information > Durham and Darlington > LD

Patients and carers: www.tewv.nhs.uk/services/community-mental-health-darlington-learning-disability