

***The Learning and Complex Disabilities Service***  
***May 2004***



***For practical information about the Trust and maps on how to get there, please see the dark blue 'Patient Prospectus'.***

### ***1. What is the Learning and Complex Disabilities Service?***

The Learning and Complex Disabilities Service is a service for children, adolescents and adults who have personal and emotional problems, and who also have a learning disability or a complex disorder.

### ***2. Who comes to the Learning and Complex Disabilities Service?***

People of all ages who have a learning disability (a low IQ) or a complex disorder such as autism, Asperger's syndrome, brain injury, and other developmental problems.

### ***3. What happens in the Learning and Complex Disabilities Service?***

People who come to the Learning and Complex Disabilities Service will meet with an experienced clinician who will talk with them about their problems. They may also see a psychologist to do some tests, and sometimes a psychiatrist. Children will be provided with toys and drawing materials to play with to help the clinician get to know them. The first appointments are usually part of an assessment.

### ***4. What is an assessment?***

When a person is referred to the Learning and Complex Disabilities Service they are usually seen for an assessment, to decide with the clinician who meets with them, what sort of help will be most appropriate. There will be a number of appointments with a clinician to talk about problems and concerns, and if the person cannot talk, then other means such as drawing are used to help them to be understood. Parents, carers and other people involved in the person's life such as social workers, teachers and doctors, will also be seen.

## **5. What kind of treatment is offered by the Learning and Complex Disabilities Service?**

The person may be offered regular psychotherapy sessions which are private, confidential meetings between the person and the clinician. They may be offered family therapy, or group therapy. Sometimes following an assessment, learning and complex disabilities service staff may offer meetings to support those who look after the person, to help them to think about how best to meet the person's needs.

## **6. How long does therapy continue?**

People usually attend therapy for at least a year.

## **7. What to do to confirm, change or cancel an appointment?**

If you need to confirm, change or cancel an appointment please call the Learning and Complex Disabilities Service administrator on 020 7447 3762. If it is necessary for you to cancel your appointment, please do so as much in advance as possible.

## **8. Where to go when you arrive?**

Instructions about where to go when you arrive can be found in our first appointment letter.

## **9. More questions?**

The learning and complex disabilities service administrator will be happy to help. She is available in the daytime, Monday to Friday.

