

## What is a Learning Disability?

A guide for people who have a learning disability

Photo by permission through the Brandon Trust: [www.brandontrust.org](http://www.brandontrust.org)



Developed by the Rotherham Doncaster and South Humber NHS Foundation Trust  
Learning Disability Psychology Team

## A learning disability is...



When you have difficulty understanding information.

When you may need help and support with some everyday tasks.

These difficulties will have started before the age of 18.



Learning disability is **not**:

- A mental illness
- Dyslexia or Dyspraxia
- ADHD
- Asperger's syndrome
- A physical or medical illness.

## People with a learning disability can...



Volunteer or work.



Go to college or day centres.



Go to groups or activities.



Live a full and interesting life.

## A person with a learning disability might find it difficult to:



Think about things.  
Make decisions.  
Understand or remember information.



Plan journeys.



Use money.

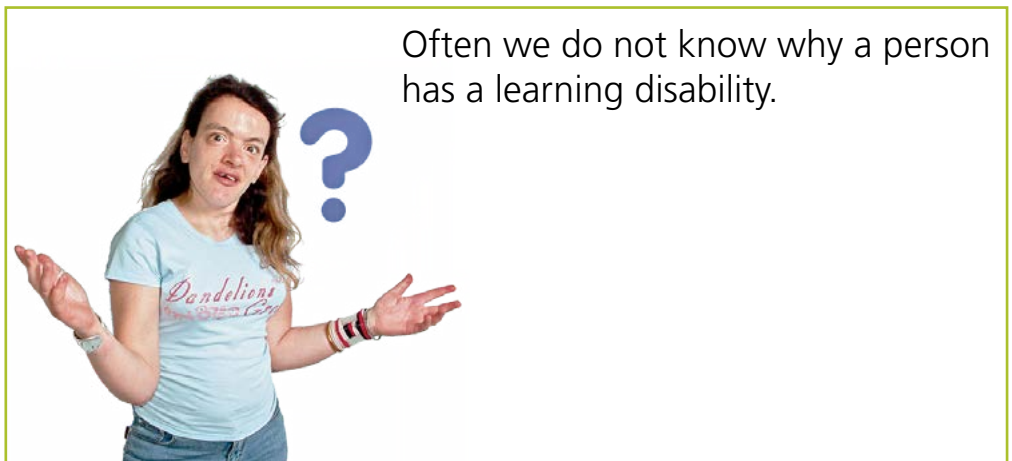


Tell the time.



Learn new things such as maths or reading.

## There are lots of reasons why someone might have a learning disability:



A learning disability is sometimes called LD or an intellectual disability.

## A learning disability is...



Not something to be embarrassed about.



Not caused by something you have done.

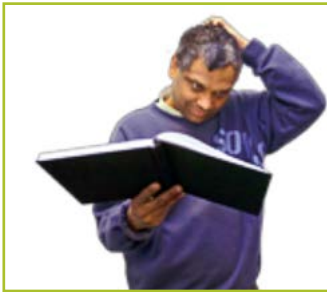


Not something people should be upset with you about.

You cannot stop someone from having a learning disability.

## You can ask to find out if you have a learning disability.

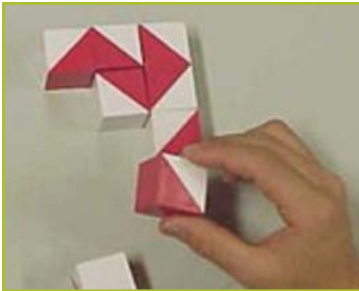
You would need to have an assessment and chat to someone about:



Things you find difficult and need help with.



Your life and how you feel.



Maybe doing some tasks.



Things you enjoy.



## How it might feel to be told you have a learning disability:



You might feel happy to understand why you need help with some things.



You might feel angry or upset knowing that you might need support to do things.

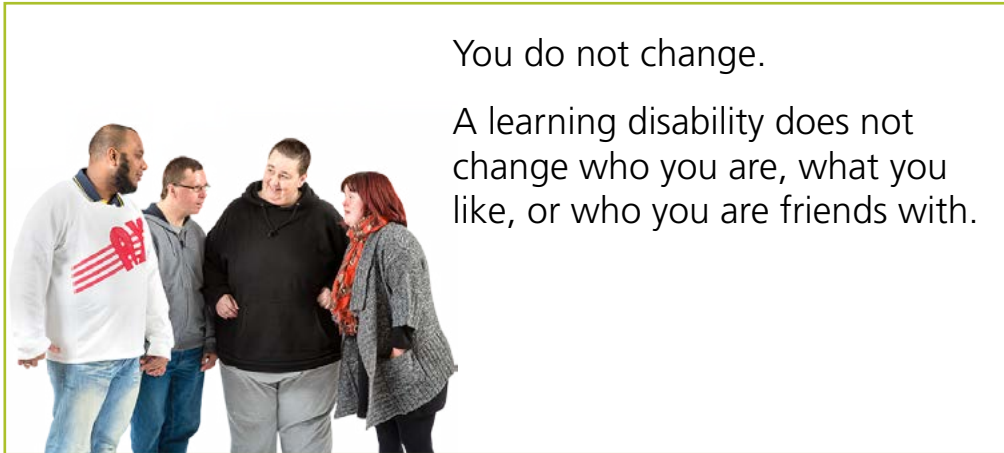


You might feel confused. It might be a lot of information to think about.

Talking about how you feel might help.

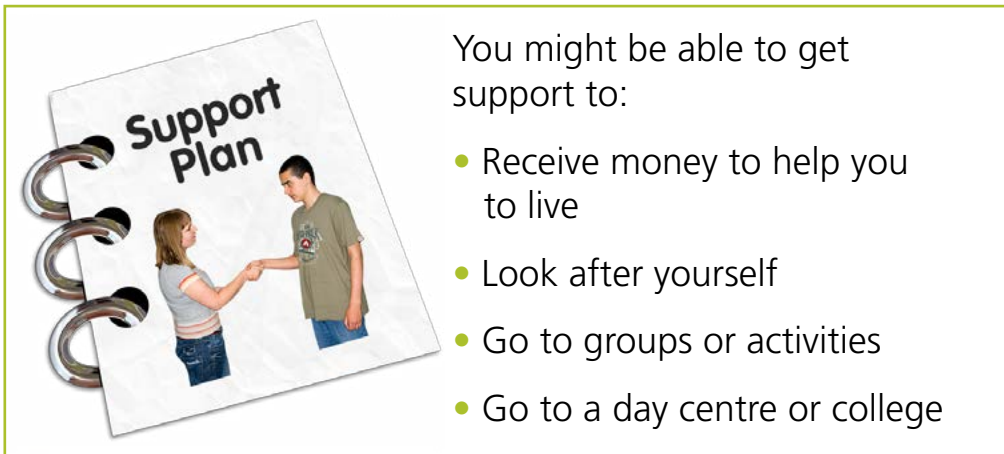


## What changes if you have a learning disability?



You do not change.

A learning disability does not change who you are, what you like, or who you are friends with.



You might be able to get support to:

- Receive money to help you to live
- Look after yourself
- Go to groups or activities
- Go to a day centre or college

# A learning disability is a disability under the Equalities Act (2010). This means:



Services need to make reasonable changes to help you. For example, longer appointment times.



You are entitled to a health check with your GP every year. This will help to keep you healthy.



You can use NHS learning disability services.



You should be given information in a way you understand.

## Where can I find out more?



Mencap

Telephone Number:  
0808 808 1111

Website: [www.mencap.org.uk](http://www.mencap.org.uk)



British Institute of Learning  
Disabilities

Telephone Number:  
0121 415 6960

Website: [www.bild.org.uk](http://www.bild.org.uk)



Foundation for people with a  
Learning Disability

Telephone Number:  
020 7803 1100

Website:  
[www.learningdisabilities.org.uk](http://www.learningdisabilities.org.uk)

If you would like this in large print, braille or on audiotape or would like this document in an alternative language, please contact the Patient Advice and Liaison Service on 0800 015 4334.

**Amharic**

ይልገገ ጽዕድ፡ በግልጽ እንዲታይዎ በትልቁ፣ በብሬል ተጽፎ ወይም በቲፕ ተተኪኑ ወይም በሌላ ጽንጽ ተጽፎ ለጥንቅቅ የሚፈልጉ ከዋነኑ የሰነድ ምክር ግንኙነት ለገልግሎትን በዚህ ቁጥር 0800 015 4334 ይወሰዱ ይገባል።

**Arabic**

إذا أردت الحصول على هذه الوثيقة بالخط الكبير أو بلغة برايل أو على هيئة شريط صوتي أو مترجمة إلى لغة بديلة فيرجى الاتصال بخدمة التنسيق ونصحة المريض Patient Advice and Liaison Service على رقم الهاتف 0800 015 4334 .

**Bengali**

আপনি যদি এটা বড় অক্ষরের ছাপায়, ব্রেইল-এ, বা কোন শোনার টেইপ-এ পেতে চান অথবা আপনি যদি এই কাগজটা অন্য কোন ভাষায় পেতে চান, তাহলে দয়া করে 0800 015 4334 নম্বরে পেশেন্ট এ্যাড্‌ভাইস এন্ড লিয়েজন্‌ সার্ভিসের সাথে যোগাযোগ করবেন।

**Cantonese (traditional Chinese)**

如果你希望本文件是采用大字印刷、盲文或录音磁带等格式，或者希望本文件是使用其它的语言，请联络病惠建议与联络服务 (Patient Advice and Liaison Service)。电话号码：0800 015 4334。

**Czech**

Pokud byste chtěli dokument psaný většími písmeny, brailovým písmem nebo na zvukové kazetě nebo v jiném jazyku, prosím, kontaktujte poradenskou službu pacientům na tel. 0800 015 4334.

**Farsi**

در صورت تمایل به داشتن این سند به نسخه ای با چاپ درشت تر، به خط بریل یا نسخه صوتی، و یا به زبانی دیگر، لطفاً با دفتر خدمات مشاوره و هماهنگی بیماران به شماره تلفن ۰۸۰۰۰۱۵۴۳۳۴ تماس حاصل نمایید.

**French**

Si vous désirez ce document en gros caractères, en braille, enregistré sur cassette audio ou dans une autre langue, veuillez contacter le service de conseils et liaison des patients [Patients Advice and Liaison Service] au 0800 015 4334.

**Kurdish Sorani**

ئەگەر تۆم زانیاریانە بە چۆنی گۆرە، برائیل یان ئەسەر شریتی دەنگی دەخوازیت باخود ئەم بەگەننامیە بە زمانیکی دیکە دەخوازیت، تکلیه پەمووندی بکە بە خزمەتگوزاری پرلنمایی و هاوناهنگی لەمخوشاو بە ژماره 0800 015 4334.

**Polish**

Jeżeli dokument wymagany jest w wersji drukowanej dużą czcionką lub alfabetem Braille'a, na kasecie audio lub w innym języku, prosimy o kontakt z zespołem ds. kontaktów z pacjentami (Patient Advice and Liaison Service) pod numerem telefonu 0800 015 4334.

**Punjabi**

ਜੇ ਤੁਸੀਂ ਇਸ ਨੂੰ ਵੱਡੀ ਛਪਾਈ, ਬ੍ਰੇਲ ਨਾ ਸੁਣਨ ਵਾਲੀ ਟੇਪ ਤੇ ਚੱਟੋਟੇ ਹੋ ਜਾਂ ਇਸ ਸਲਾਹਕਾਰ ਨੂੰ ਹੋਰ ਭਾਸ਼ਾ ਵਿੱਚ ਚੱਟੋਟੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਮਰੀਜ਼ ਸਲਾਹ ਅਤੇ ਤਾਲਮੇਲ ਸੇਵਾ (Patient Advice and Liaison Service) ਨਾਲ 0800 015 4334 ਤੇ ਸੰਪਰਕ ਕਰੋ।

**Somali**

Haddii aad jeclaan lahayd in aad kan ku hesho far waaweyn, farta braille ee dadka indhaha la' ama cajalad dhegeysi ah ama haddii aad jeclaan lahayd in aad dukumeentigan ku hesho luqad kale, fadlan Adeegga Taalobixinta iyo Xiriirinta ee Bukaanleyda (Patient Advice and Liaison Service) kala soo xiriir lambarka 0800 015 4334.

**Turkish**

Bu belgeyi büyük yazı, braille (kör alfabesi) veya ses kaydı olarak veya başka bir dilde almak istiyorsanız, lütfen 0800 015 4334 no.lu telefondan Hasta Danışmanlık ve İrtibat Hizmetleri ile bağlantıya geçiniz.

**Urdu**

اگر آپ یہ بڑی چھپائی، بریل میں یا صوتی ٹیپ پر حاصل کرنا چاہیں یا یہ دستاویز کسی قابل زبان میں چاہیں تو برائے کرم پیشیت ایڈوائس اینڈ لیاؤن سروس سے 0800 015 4334 پر رابطہ کریں۔

**Vietnamese**

Nếu muốn có tài liệu này dưới dạng in chữ cỡ lớn hơn, chữ nổi braille hay bằng ghi âm, hoặc bằng một ngôn ngữ khác, xin quý vị liên hệ bộ phận Dịch vụ Tư vấn và Liên lạc với Bệnh nhân theo số 0800 015 4334.

This information is correct at the time of publishing  
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