

# INFORMATION SHEET

## Family Carer's Information Directory

The CBF is a small charity specialising in challenging behaviour associated with severe learning disabilities. We have a wide range of information sheets and DVDs that are free of charge to family carers. Our resources mainly focus on challenging behaviour. Other CBF information sheets list useful organisations for the following topics: communication methods (including intensive interaction), specialist equipment and adaptations, transition and person-centred planning. We are aware that families may also need information in a range of other topics including benefits, rights and care options, so this resource provides a small selection of organisations, books, blogs, websites and information sheets that family carers may find useful.

**All our information sheets are available to download free of charge because we believe that money should not be a barrier to getting the information you need when you need it.**

**Please see the end of this information sheet for details of how to support us.**

**We want to make sure our resources are helpful. Please spend a few minutes giving us some feedback:**

**[www.surveymonkey.co.uk/r/cbfresources](http://www.surveymonkey.co.uk/r/cbfresources).**

The charity Contact (see page 3) can provide details of support groups for specific syndromes not mentioned within this information sheet.

**Please note that the CBF does not endorse or recommend these organisations and resources. We encourage you to check that they are suitable.**

To make the information easier to use, we have grouped the resources into 19 different categories and you can find the page numbers in the contents list below:

### Contents

Challenging Behaviour.....	2
General Information .....	3-4
Siblings and Young Carers.....	5
Individual and Family Perspectives.....	6-7
Person Centred Planning.....	8
Care, Healthcare and Education Inspectorates – By Country .....	9-10
Care Options.....	11
Education .....	12-13
Health.....	14
Mental Health.....	14-15
Advocacy.....	16-17
Sight and Hearing Impairments .....	18
Holidays .....	19
Money .....	20
Employment For People With Learning Disabilities.....	21
Rights.....	22-24
Difficult Topics.....	25
Sleep .....	26
Toileting.....	27

## **CHALLENGING BEHAVIOUR**

Organisation	Resources available	Examples of topics covered
<p><b>The Challenging Behaviour Foundation</b>            Family Support Service: 0300 666 0126            Information sheet requests: 01634 838739            Website: <a href="http://www.challengingbehaviour.org.uk">www.challengingbehaviour.org.uk</a></p>	<ul style="list-style-type: none"> <li>• Information sheets</li> <li>• DVDs</li> <li>• Telephone / email support service</li> <li>• Email networks</li> </ul>	<ul style="list-style-type: none"> <li>• Health and challenging behaviour</li> <li>• Communication and challenging behaviour</li> <li>• Specific behaviours (e.g. difficult sexual behaviour, pica)</li> </ul>
<p><b>British Institute of Learning Disabilities (BILD)</b>            Tel: 0121 415 6960 (general enquiries)            Website: <a href="http://www.bild.org.uk">www.bild.org.uk</a></p>	<ul style="list-style-type: none"> <li>• Information sheets (some easy-read)</li> <li>• Positive Behaviour Support webinars</li> <li>• List of accredited companies that provide physical intervention training</li> </ul>	<ul style="list-style-type: none"> <li>• Time out and seclusion</li> <li>• Intensive Interaction</li> <li>• Physical interventions</li> <li>• Positive Behaviour Support</li> </ul>
<p><b>National Autistic Society (NAS)</b>            Autism Helpline: 0808 800 4104            Website: <a href="http://www.autism.org.uk">www.autism.org.uk</a></p>	<ul style="list-style-type: none"> <li>• Information pages on many aspects of autism and Asperger's</li> <li>• Advice and Support Helpline</li> <li>• Autism Services Directory</li> </ul>	<ul style="list-style-type: none"> <li>• The sensory world of autism</li> <li>• Obsessions, repetitive behaviour and routines</li> <li>• Anxiety in adults with an autism spectrum disorder</li> <li>• Preparing a person with autism for change</li> </ul>
<p><b>PBS (Positive Behaviour Support) Academy</b>            Website: <a href="http://www.pbsacademy.org.uk">www.pbsacademy.org.uk</a></p>	<ul style="list-style-type: none"> <li>• Resources for families, professionals and commissioners on PBS</li> <li>• PBS competency framework</li> </ul>	<ul style="list-style-type: none"> <li>• Positive Behaviour Support</li> <li>• 'Questions to ask' checklist</li> <li>• Practical tools</li> </ul>
<p><b>Social Care Institute for Excellence (SCIE)</b>            Tel: 020 7766 7400 (general enquiries)            Website: <a href="http://www.scie.org.uk">www.scie.org.uk</a></p>	<ul style="list-style-type: none"> <li>• Information pages on learning disabilities and challenging behaviour.                Go to: All Resources &gt; 'L' &gt; Learning disabilities OR 'S' &gt; Severe learning disabilities</li> <li>• Social Care TV                (<a href="http://www.scie.org.uk/socialcaretv">www.scie.org.uk/socialcaretv</a>)</li> </ul>	<ul style="list-style-type: none"> <li>• Getting the right support for adults, teenagers and children who display challenging behaviour</li> <li>• Challenging behaviour and learning disabilities</li> </ul>

## **GENERAL INFORMATION**

Organisation	Resources available	Examples of topics covered
<p><b>Carers Trust</b>            Email: <a href="mailto:info@carers.org">info@carers.org</a>            Website: <a href="http://www.carers.org">www.carers.org</a></p>	<ul style="list-style-type: none"> <li>• Discussion boards for U18/ 18-25/18+</li> <li>• Carers stories</li> <li>• Information pages</li> <li>• Local Carers' Centre search page</li> </ul> <p>Go to: What support is there for me? &gt; Find your local services &gt; Enter postcode</p>	<ul style="list-style-type: none"> <li>• Young carers</li> <li>• Tax credits and benefits</li> <li>• Local support (respite)</li> <li>• Transport and mobility</li> </ul>
<p><b>Carers UK</b>            Carers Line: 0808 808 7777            Website: <a href="http://www.carersuk.org">www.carersuk.org</a></p>	<ul style="list-style-type: none"> <li>• Factsheets</li> <li>• Telephone advice line</li> <li>• Listening service run by trained volunteers</li> <li>• Online forum</li> </ul>	<ul style="list-style-type: none"> <li>• Finances and benefits</li> <li>• Assessments</li> <li>• Carers' rights</li> <li>• Carers' education, work and career development</li> <li>• Respite for carers</li> </ul>
<p><b>Contact</b> (supports families of individuals up to the age of 25)            Helpline: 0808 808 3555            Websites: <a href="http://www.contact.org.uk">www.contact.org.uk</a></p>	<ul style="list-style-type: none"> <li>• Email and telephone helpline</li> <li>• Resource library</li> <li>• Local workshops and information sessions</li> <li>• Local support groups</li> <li>• Helpline</li> </ul>	<ul style="list-style-type: none"> <li>• Getting social care services when your child has additional needs</li> <li>• A guide to claiming Disability Living Allowance for children</li> <li>• Specific medical information e.g. genetics and an A-Z of medical conditions</li> </ul>
<p><b>Paving the Way</b>            Website: <a href="http://www.pavingtheway.works">www.pavingtheway.works</a></p>	<ul style="list-style-type: none"> <li>• Videos</li> <li>• Links to information pages and booklets</li> </ul>	<ul style="list-style-type: none"> <li>• Transition to adulthood</li> <li>• Positive Behaviour Support</li> <li>• Education, health and care</li> <li>• Challenging behaviour</li> </ul>

## **GENERAL INFORMATION (Continued)**

Organisation	Resources available	Examples of topics covered
<p><b>Foundation for People with Learning Disabilities</b>            Tel: 0207 803 1100 (general enquiries)            Website: <a href="http://www.mentalhealth.org.uk/learning-disabilities/">www.mentalhealth.org.uk/learning-disabilities/</a></p>	<ul style="list-style-type: none"> <li>• Free publications are available to download online or can be ordered by telephone</li> <li>• Online forums</li> </ul>	<p>What do I need to know about NHS Continuing Healthcare? Thinking ahead: a planning guide for families</p>
<p><b>Hft</b>            Tel: 0117 906 1700 (general enquiries)            Website: <a href="http://www.hft.org.uk">www.hft.org.uk</a></p> <p>HFT Family Carer Support Service  <a href="http://www.hft.org.uk/our-services/family-carer-support-service/">www.hft.org.uk/our-services/family-carer-support-service/</a>            Freephone: 0808 801 0448            Email: <a href="mailto:familycarersupport@hft.org.uk">familycarersupport@hft.org.uk</a></p>	<ul style="list-style-type: none"> <li>• Workshops (free for family carers)</li> <li>• Family Carer Support Service</li> <li>• You can sign up to the Family Carer News Digest (includes news about issues that may affect family carers) by going to Our Services &gt; Family Carer Support Service on the HFT website</li> </ul>	<ul style="list-style-type: none"> <li>• Carers' rights and issues</li> <li>• Fulfilling lives (relationships, work, meaningful activities)</li> <li>• Health</li> <li>• Housing and support options</li> <li>• Money matters (benefits, charging, wills, trusts)</li> <li>• Personal and individual budgets, support planning and self-directed support</li> </ul>
<p><b>Mencap</b>            Helpline: 0808 808 1111            (England, Ireland and Wales)            Website: <a href="http://www.mencap.org.uk">www.mencap.org.uk</a></p>	<ul style="list-style-type: none"> <li>• Telephone helpline</li> <li>• Language line translation service</li> <li>• Information pages</li> <li>• Reports</li> <li>• Factsheets</li> <li>• Legal advice</li> </ul>	<ul style="list-style-type: none"> <li>• Direct payments</li> <li>• Providing for the future (wills and trusts)</li> <li>• Friendships and relationships</li> <li>• Accessing services</li> <li>• Telling people about your child's disability</li> <li>• Brothers, sisters and the family</li> </ul>
<p><b>Social Care Institute for Excellence (SCIE)</b>            Tel: 020 7766 7400 (general enquiries)            Website: <a href="http://www.scie.org.uk">www.scie.org.uk</a></p>	<ul style="list-style-type: none"> <li>• Social Care TV (<a href="http://www.scie.org.uk/socialcaretv">www.scie.org.uk/socialcaretv</a>)</li> <li>• Information pages</li> </ul>	<ul style="list-style-type: none"> <li>• Independent Mental Health Advocacy</li> <li>• Mental Capacity</li> <li>• Minimising the use of restraint</li> <li>• Personal budgets</li> <li>• Safeguarding</li> <li>• Deprivation of Liberty</li> </ul>

## **SIBLINGS AND YOUNG CARERS**

Organisation	Resources available	Examples of topics covered
<b>Sibs</b> Website: <a href="http://www.sibs.org.uk">www.sibs.org.uk</a>	<ul style="list-style-type: none"> <li>• Advice for adult siblings and younger siblings</li> <li>• Local support groups</li> <li>• Workshops</li> <li>• Online advice service</li> <li>• Information pages</li> </ul>	<ul style="list-style-type: none"> <li>• Not being able to do school work</li> <li>• Bullying</li> <li>• Feeling guilty</li> <li>• Information about disabilities</li> </ul>
<b>Young Sibs</b> Website: <a href="http://www.youngsibs.org.uk">www.youngsibs.org.uk</a>	<ul style="list-style-type: none"> <li>• Young sibling's online forum</li> <li>• Online advice service</li> <li>• Information pages</li> </ul>	<ul style="list-style-type: none"> <li>• Not being able to do school work</li> <li>• Bullying</li> <li>• Feeling guilty</li> <li>• Information about disabilities</li> </ul>
<b>Mencap</b> Helpline: 0808 808 1111 Website: <a href="http://www.mencap.org.uk">www.mencap.org.uk</a>	<ul style="list-style-type: none"> <li>• Local support groups for younger and older siblings</li> </ul>	
<b>Sibling Support Project</b> Website: <a href="http://www.siblingsupport.org">www.siblingsupport.org</a>	<ul style="list-style-type: none"> <li>• Online sibling community, based in the USA but accessible internationally</li> </ul>	

## **INDIVIDUAL & FAMILY PERSPECTIVES**

Resource	Description	Examples of topics covered
<p><b>Blog: <i>Do you speak Autism?</i></b> www.doyouspeakautism.wordpress.com</p>	<p>This blog is written by a mother of two children, one of whom has been diagnosed with Autism.</p>	<ul style="list-style-type: none"> <li>• Sleep</li> <li>• Toilet training</li> <li>• Behaviour management</li> <li>• Travel</li> </ul>
<p><b>Book: <i>Andrew Give Us A Kiss (2006)</i></b> by Gordon, L. Trafford Publishing RRP £8.95</p>	<p>This book is written from the perspective of Andrew. Throughout this book, he describes growing up with a developmental disability and the challenges he and his parents frequently experience.</p>	<ul style="list-style-type: none"> <li>• Autism</li> <li>• Family life</li> </ul>
<p><b>Blog: <i>Sharing Stories</i></b> www.jgregorysharingsstories.blogspot.co.uk</p>	<p>A mother of three shares stories about her life, including her own experiences caring for her daughter with severe learning disabilities and complex needs. Her blog features real life accounts of how she manages to deal with her daughter's challenging behaviour and how she handles the barriers she is frequently confronted with.</p>	<ul style="list-style-type: none"> <li>• Family life</li> <li>• Autism</li> <li>• Severe learning disabilities</li> <li>• Social housing</li> <li>• Challenging behaviour</li> <li>• Caring for an adult daughter</li> </ul>
<p><b>Book series:</b> - <b><i>Christopher's Story (2006)</i></b> - <b><i>Christopher's Story Part II: The Child within the Man (2007)</i></b> - <b><i>Christopher's Story Part III: The Child Within the Man: The Conclusion (2008)</i></b> By Telfer, J. Chipmunk Publishing RRP £10 each (£6 on Kindle)</p>	<p>Christopher has autism and severe challenging behaviour. In her three books, Christopher's mother tells of her fight to secure schooling, accommodation and social services support for her son, and tells of her determination to remain together as a family, when the only alternative offered was residential care.</p>	<ul style="list-style-type: none"> <li>• Autism</li> <li>• Challenging behaviour</li> <li>• Schooling</li> <li>• Accommodation</li> <li>• Family life</li> </ul>

## **INDIVIDUAL & FAMILY PERSPECTIVES (Continued)**

Resource	Description	Examples of topics covered
<p><b>Special Needs Jungle</b>            Website: <a href="http://www.specialneedsjungle.com">www.specialneedsjungle.com</a>            Facebook Page:  <a href="http://www.facebook.com/SpecialNeedsJungle">www.facebook.com/SpecialNeedsJungle</a></p>	<p>Parent-led information, resources and informed opinion about children and young people with SEN, Special Needs, Disabilities, Health Conditions and Rare Diseases. Family carers can contribute as guest-posters</p>	<ul style="list-style-type: none"> <li>• SEND Reforms</li> <li>• Health</li> </ul>
<p><b>Book: Autism: An Inside Out Approach</b>            By Donna Williams, Jessica Kingsley Publishers</p>	<p>The author, Donna, has autism and aims to help readers understand, live with and work with people with autism.</p>	<ul style="list-style-type: none"> <li>• Understanding autism</li> <li>• Approaches to autism</li> <li>• Sensory problems</li> </ul>
<p><b>You Tube Channel: Ask an Autistic</b>  <a href="http://www.youtube.com">www.youtube.com</a> (search for 'Ask an autistic')</p>	<p>Amythest Schaber has autism and publishes 'Ask an Autistic' episodes on her You Tube channel.</p>	<ul style="list-style-type: none"> <li>• Sensory processing</li> <li>• Meltdowns</li> <li>• Special interests</li> <li>• Echolalia</li> </ul>
<p><b>Book: Nerdy, Shy and Socially Inappropriate</b>            By Cynthia Kim, Jessica Kingsley Publishers</p>	<p>Cynthia Kim is a well known writer who writes about her life and insights into various aspects of being autistic.</p>	<ul style="list-style-type: none"> <li>• Personal account of autism</li> </ul>

## **PERSON CENTRED PLANNING**

Resource	Resources Available	Examples of topics covered
<p><b>Helen Sanderson Associates</b>            Website:  <a href="http://www.helensandersonassociates.co.uk">www.helensandersonassociates.co.uk</a></p>	<ul style="list-style-type: none"> <li>• Free downloadable resources on person centred planning</li> <li>• Search for the 'Reading Room' for resources</li> </ul>	<ul style="list-style-type: none"> <li>• 'The impact of person centred planning'</li> <li>• Person-centred thinking tools</li> <li>• MAPs (a planning style for children and adults)</li> <li>• PATH (a planning style that works well when a person has a group of people around them that are committed to making things happen)</li> </ul>



## **CARE, HEALTHCARE AND EDUCATION REGULATORS – BY COUNTRY**

Country	Organisation	Resources available
<b><u>England</u></b>	<b>Care Quality Commission (CQC)</b> Tel: 03000 616161 (general enquiries) Website: <a href="http://www.cqc.org.uk">www.cqc.org.uk</a>	<ul style="list-style-type: none"> <li>• Inspection reports for health and social care services in England available to download; hard copies available on request</li> <li>• Information on what to do if you have a complaint about health or social care</li> <li>• Tips on choosing social care</li> </ul>
	<b>Ofsted</b> Tel: 0300 123 1231 (general enquiries) Website: <a href="http://www.gov.uk/government/organisations/ofsted">www.gov.uk/government/organisations/ofsted</a>	<ul style="list-style-type: none"> <li>• Inspection reports for schools and colleges in England</li> <li>• Information on best practices</li> <li>• Information on what to do if you have a complaint about your child's school</li> </ul>
<b><u>Scotland</u></b>	<b>Care Inspectorate (Scotland)</b> Website: <a href="http://www.careinspectorate.com">www.careinspectorate.com</a> Tel: 0345 600 9527 (general enquiries)	<ul style="list-style-type: none"> <li>• Inspection reports for care services in Scotland</li> <li>• Advice on choosing services</li> <li>• Lists of care services available in Scotland</li> <li>• Advice on what to do if you have a complaint</li> <li>• Some resources are available in easy read format</li> </ul>
	<b>Education Scotland</b> Tel: 0131 244 4330 (general enquiries) Website: <a href="http://www.education.gov.scot">www.education.gov.scot</a>	<ul style="list-style-type: none"> <li>• Inspection reports for schools and colleges in Scotland</li> <li>• Curriculum information</li> <li>• Information about additional educational support available in Scotland</li> </ul>
	<b>Healthcare Improvement Scotland</b> Tel: 0131 623 4300 (general enquiries) Website: <a href="http://www.healthcareimprovementscotland.org">www.healthcareimprovementscotland.org</a>	<ul style="list-style-type: none"> <li>• Inspection reports for healthcare providers in Scotland</li> </ul>

## **CARE, HEALTHCARE AND EDUCATION REGULATORS – BY COUNTRY (Continued)**

Country	Organisation	Resources available
<b><u>Wales</u></b>	<b>Care Inspectorate Wales</b> Tel: 0300 7900 126 (general enquiries) Website: <a href="http://www.careinspectorate.wales">www.careinspectorate.wales</a>	<ul style="list-style-type: none"> <li>• Inspection reports for social care services in Wales</li> <li>• Directory of registered care services in Wales</li> <li>• Information on how to make a comment or complaint about the social services you receive in Wales</li> </ul>
	<b>Estyn - Her Majesty's Chief Inspector of Education and Training in Wales</b> Tel: 029 2044 6446 (general enquiries) Website: <a href="http://www.estyn.gov.wales">www.estyn.gov.wales</a>	<ul style="list-style-type: none"> <li>• Inspection reports for education services in Wales</li> <li>• Information on best practice in education</li> </ul>
	<b>Healthcare Inspectorate Wales</b> Tel: 0300 062 8163 (general enquiries) Website: <a href="http://www.hiw.org.uk">www.hiw.org.uk</a>	<ul style="list-style-type: none"> <li>• Inspection reports for healthcare services in Wales</li> <li>• Directory of healthcare services in Wales</li> <li>• Information on how to raise a concern about a healthcare service in Wales</li> </ul>
<b><u>Northern Ireland</u></b>	<b>The Regulation and Quality Improvement Authority (RQIA)</b> Tel: 028 9051 7500 (general enquiries) Website: <a href="http://www.rqia.org.uk">www.rqia.org.uk</a>	<ul style="list-style-type: none"> <li>• Inspection reports for healthcare and social care providers in Northern Ireland</li> <li>• Advice on how to make a complaint about healthcare or social care providers in Northern Ireland</li> </ul>
	<b>Education Training Inspectorate (ETI)</b> Telephone: 028 9127 9726 (general enquiries) Email: <a href="mailto:inspectionsservices@education-ni.gov.uk">inspectionsservices@education-ni.gov.uk</a> Website: <a href="http://www.etini.gov.uk">www.etini.gov.uk</a>	<ul style="list-style-type: none"> <li>• Inspection reports for schools and colleges in Northern Ireland</li> <li>• Information on good practice</li> </ul>

## **CARE OPTIONS**

Organisation	Resources available	Examples of topics covered
<p><b>Care Choices</b>            'Search for care' helpline: 0800 389 2077            Website: <a href="http://www.carechoices.co.uk">www.carechoices.co.uk</a></p>	<ul style="list-style-type: none"> <li>• Information pages</li> <li>• Directory of care providers                Go to: Publications &gt; Regional Care Services Directories</li> <li>• Care home and home care checklists that are useful when choosing services                Go to: Care Information &gt; Checklists</li> </ul>	<ul style="list-style-type: none"> <li>• Types of care that are available</li> <li>• Funding</li> </ul>
<p><b>Learning Disability England</b>            Tel: 0300 2010 455 (general enquiries)            Website: <a href="http://www.learningdisabilityengland.org.uk">www.learningdisabilityengland.org.uk</a></p>	<ul style="list-style-type: none"> <li>• Free downloadable information sheets (some easy-read)</li> </ul>	<ul style="list-style-type: none"> <li>• Housing options</li> <li>• Financing</li> <li>• Rights</li> <li>• Assistive technology</li> <li>• Good practice</li> </ul>
<p><b>InControl</b>            Tel: 01564 821 650 (general enquiries)            Website: <a href="http://www.in-control.org.uk">www.in-control.org.uk</a></p>	<p>All with a focus on self-directed support:</p> <ul style="list-style-type: none"> <li>• Factsheets (some easy-read)</li> <li>• Events and courses</li> <li>• Live webchats and webcasts</li> </ul>	<ul style="list-style-type: none"> <li>• Self-directed support</li> <li>• Support brokerage</li> <li>• Support planning</li> <li>• Training and choosing your own staff</li> </ul>

## **EDUCATION**

Organisation	Resources available	Examples of topics covered
<p><b>Independent Panel for Special Education Advice (IPSEA) (England)</b> Website: <a href="http://www.ipsea.org.uk">www.ipsea.org.uk</a></p>	<ul style="list-style-type: none"> <li>• Telephone support for parents of children with special educational needs in England – book a call-back on the website.</li> <li>• Downloadable information sheets</li> </ul>	<ul style="list-style-type: none"> <li>• Getting the right educational support</li> <li>• Disability discrimination</li> <li>• Transport</li> <li>• Tribunals</li> <li>• Transition</li> </ul>
<p><b>Special Educational Needs Advice Centre (SENAC) (Northern Ireland)</b> Advice Line : 028 9079 5779 Website: <a href="http://www.senac.co.uk">www.senac.co.uk</a></p>	<ul style="list-style-type: none"> <li>• Downloadable factsheets and information packs for families living in Northern Ireland</li> <li>• Independent advocacy</li> <li>• Telephone advice line</li> </ul>	<ul style="list-style-type: none"> <li>• Introduction to the Special Educational Needs System in Northern Ireland</li> <li>• Department of Education for Northern Ireland Code of Practice</li> <li>• Education reform in Northern Ireland</li> </ul>
<p><b>SNAP Cymru (Wales)</b> Helpline 0808 801 0608 Email: <a href="mailto:enquiries@snapcymru.org">enquiries@snapcymru.org</a> Website: <a href="http://www.snapcymru.org">www.snapcymru.org</a></p>	<ul style="list-style-type: none"> <li>• Independent support and information to families living in Wales</li> <li>• Information leaflets and webpages</li> <li>• Advocacy</li> <li>• Disagreement resolution</li> </ul>	<ul style="list-style-type: none"> <li>• Choosing a school</li> <li>• Transition</li> <li>• Education reform in Wales</li> </ul>
<p><b>Enquire (Scotland)</b> Helpline: 0345 123 2303 Website: <a href="http://www.enquire.org.uk">www.enquire.org.uk</a></p>	<ul style="list-style-type: none"> <li>• Free helpline with access to interpreters</li> <li>• Information pages and downloadable publications</li> <li>• Lists of local authorities</li> <li>• Podcasts</li> <li>• Online 'Find a service' search facility</li> </ul>	<ul style="list-style-type: none"> <li>• The parent's guide to additional support for learning (comprehensive guide to the additional support for learning system in Scotland)</li> </ul>

## **EDUCATION (Continued)**

Organisation	Resources available	Examples of topics covered
<p><b>Contact</b> Helpline: 0808 808 3555 Websites: <a href="http://www.contact.org.uk">www.contact.org.uk</a></p>	<ul style="list-style-type: none"> <li>• Telephone Advice Line (Education Specialist Advisors)</li> <li>• Information pages Go to Advice and support &gt; Education</li> </ul>	<ul style="list-style-type: none"> <li>• Transport to school and college</li> <li>• Exclusions</li> <li>• Education, Health and Care Plans (EHC plans)</li> <li>• Home Education</li> </ul>
<p><b>Joseph Rowntree Foundation</b> Tel: 01904 629 241 (general enquiries) Text to speech service: 01904 615910 Website: <a href="http://www.jrf.org.uk">www.jrf.org.uk</a></p>	<ul style="list-style-type: none"> <li>• Booklet by Morris, J: <i>The right place? A parents' guide to choosing a residential special school (2003)</i> Search for the guide using the search function on the website</li> </ul>	<ul style="list-style-type: none"> <li>• How to find out what residential special schools there are</li> <li>• What to look for and ask about when deciding on a school</li> <li>• What should ring alarm bells for you when looking at a school</li> </ul>
<p><b>Coram Children's Legal Centre</b> Free education legal advice line and representation for those eligible for Legal Aid via Child Law Advice Service Advice Line: 0300 330 5485 Websites: <a href="http://www.childrenslegalcentre.com">www.childrenslegalcentre.com</a> <a href="http://www.childlawadvice.co.uk">www.childlawadvice.co.uk</a></p>	<ul style="list-style-type: none"> <li>• Telephone advice line</li> <li>• Downloadable factsheets on Child Law Advice webpage</li> </ul>	<ul style="list-style-type: none"> <li>• Disability discrimination in education</li> <li>• Special educational needs</li> </ul>
<p><b>Which School? For Special Needs</b> Book by Jonathan Barnes, published by John Catt Educational Ltd.</p>	<ul style="list-style-type: none"> <li>• Directories of special schools and colleges</li> <li>• Updated annually</li> </ul>	
<p><b>Ace Education</b> Advice line: 0300 0115 142 Website: <a href="http://www.ace-ed.org.uk">www.ace-ed.org.uk</a></p>	<ul style="list-style-type: none"> <li>• Telephone advice line</li> <li>• Downloadable booklets (£3.50 each)</li> </ul>	<ul style="list-style-type: none"> <li>• Exclusions</li> <li>• Needs assessments</li> </ul>

## HEALTH

Organisation	Resources available	Examples of topics covered
<b>Easyhealth</b> Tel: 020 8879 6333 (general site enquiries) Website: <a href="http://www.easyhealth.org.uk">www.easyhealth.org.uk</a>	<ul style="list-style-type: none"> <li>• Easy read leaflets</li> <li>• Downloadable templates for resources, e.g. health action plans and hospital passports</li> </ul>	<ul style="list-style-type: none"> <li>• Easy read information on specific illnesses e.g. diabetes</li> <li>• Leaflets, e.g. '<i>Going to the chemist</i>'</li> </ul>

## MENTAL HEALTH

Organisation	Resources available	Examples of topics covered
<b>Cerebra</b> Free helpline: 0800 328 1159 Website: <a href="http://www.cerebra.org.uk">www.cerebra.org.uk</a>	<ul style="list-style-type: none"> <li>• Stress helpline for parents</li> </ul>	
<b>Counselling Directory</b> Tel: 0333 325 2500 Website: <a href="http://www.counsellingdirectory.org.uk">www.counsellingdirectory.org.uk</a>	<ul style="list-style-type: none"> <li>• Information on finding local counselling services</li> <li>• Articles on mental health</li> </ul>	<ul style="list-style-type: none"> <li>• Where to access mental health support</li> <li>• Information on mental health conditions and factors that can affect mental Health</li> </ul>
<b>Foundation for People with Learning Disabilities (part of the Mental Health Foundation)</b> General Enquiries: 020 7803 1100 Website: <a href="http://www.mentalhealth.org.uk/learning-disabilities">www.mentalhealth.org.uk/learning-disabilities</a>	<ul style="list-style-type: none"> <li>• Statistics about people with learning disabilities and mental health needs</li> <li>• Easy read guides</li> <li>• UK Health and Learning Disability Network</li> </ul>	<ul style="list-style-type: none"> <li>• Easy Read Guide to Anxiety</li> <li>• Feeling down: Looking after my mental health</li> <li>• 'You are not alone' guide for carers about what mental health support is available</li> </ul>

## **MENTAL HEALTH (Continued)**

Organisation	Resources available	Examples of topics covered
<b>Estia</b> Website: <a href="http://www.slam.nhs.uk/about-us/clinical-academic-groups/behavioural-and-developmental/estia">www.slam.nhs.uk/about-us/clinical-academic-groups/behavioural-and-developmental/estia</a>	<ul style="list-style-type: none"> <li>Information videos</li> </ul>	<ul style="list-style-type: none"> <li>Diagnostic overshadowing</li> <li>Integrating mind and body</li> </ul>
<b>Mind</b> Helpline: 0300 123 3393 Text: 86463 Website: <a href="http://www.mind.org.uk">www.mind.org.uk</a>	<ul style="list-style-type: none"> <li>Telephone helpline for anyone experiencing or affected by a mental health problem</li> <li>Information pages</li> <li>Local MIND services</li> </ul>	<ul style="list-style-type: none"> <li>Types of mental health problems</li> <li>Legal rights and mental health legislation</li> <li>Drugs and treatments</li> <li>Guides to support and services</li> </ul>
<b>MindEd</b> Website: <a href="http://www.mindedforfamilies.org.uk">www.mindedforfamilies.org.uk</a>	<ul style="list-style-type: none"> <li>Free information and e-learning</li> </ul>	<ul style="list-style-type: none"> <li>Mental health</li> <li>Learning disability</li> <li>Medication</li> <li>Speaking up for your child</li> </ul>
<b>Rethink</b> Advice line: 0300 5000 927 Website: <a href="http://www.rethink.org">www.rethink.org</a>	<ul style="list-style-type: none"> <li>Advice line for anyone affected by mental illness</li> <li>Directory of local groups and advocacy services</li> <li>Siblings support service</li> <li>Downloadable information factsheets</li> </ul>	<ul style="list-style-type: none"> <li>Information on specific mental health problems e.g. schizophrenia</li> <li>Medications</li> <li>Treatment and support</li> <li>Early intervention</li> <li>Looking after yourself</li> </ul>
<b>YoungMinds</b> Parents' Helpline: 0808 802 5544 Website: <a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a>	<ul style="list-style-type: none"> <li>Telephone helpline for parents of children with mental health problems</li> <li>Information webpages on mental health and where to get help</li> </ul>	<ul style="list-style-type: none"> <li>Obsessions and compulsions</li> <li>Autism and Asperger's</li> <li>Parents survival guide for parents and carers</li> <li>Looking after yourself</li> </ul>

## **ADVOCACY**

Organisation	Resources available	Examples of topics covered
<b>British Institute of Learning Disabilities (BILD)</b> Tel: 0121 415 6960 (general enquiries) Website: www.bild.org.uk	<ul style="list-style-type: none"> <li>• Self-advocate videos</li> <li>• Advocacy Factsheet</li> <li>• Easy read booklet 'Your guide to advocacy' (£1) Go to: Resources &gt; Easy read information</li> </ul>	
<b>People First</b> Advice line: 0207 274 5484 Website: www.peoplefirstltd.com	<ul style="list-style-type: none"> <li>• National self-advocacy organisation. Run by and for people with learning disabilities.</li> <li>• Telephone service for advice and signposting</li> <li>• Advocacy service</li> </ul>	
<b>National Young Person's Advocacy Service</b> Helpline: 0808 808 1001 Website: www.nyas.net	<ul style="list-style-type: none"> <li>• Advocacy Service</li> <li>• Provision of Independent Mental Health Advocacy</li> </ul>	
<b>Special Educational Needs Advice Centre (SENAC) (Northern Ireland)</b> Advice Line : 028 9079 5779 Website: www.senac.co.uk	<ul style="list-style-type: none"> <li>• Independent advocacy</li> <li>• Telephone advice line</li> </ul>	
<b>SNAP Cymru (Wales)</b> Helpline 0808 801 0608 Email: enquiries@snapcymru.org Website: www.snapcymru.org	<ul style="list-style-type: none"> <li>• Independent support and information to families living in Wales</li> <li>• Advocacy</li> <li>• Disagreement resolution</li> </ul>	
<b>Advocacy Support Cymru</b> Tel: 029 2054 0444 Website: www.ascymru.org.uk	<ul style="list-style-type: none"> <li>• Advocacy service</li> <li>• Provide information</li> <li>• Explain legal rights</li> </ul>	
<b>Advocacy Matters (Midlands)</b> Tel: 0121 321 2377 Website: www.advocacymatters.co.uk	<ul style="list-style-type: none"> <li>• Advocacy service</li> </ul>	<ul style="list-style-type: none"> <li>• Independent Mental Capacity Advocacy</li> <li>• Care Act Advocacy</li> <li>• SEND Pathway Advocacy</li> </ul>



## **ADVOCACY (Continued)**

Organisation	Resources available	Examples of topics covered
<b>Rethink</b> Advice line: 0300 5000 927 Website: www.rethink.org	<ul style="list-style-type: none"> <li>• Advice for anyone affected by mental illness</li> <li>• Directory of local groups and advocacy services</li> <li>• Telephone advice line</li> </ul>	
<b>POhWER</b> Support line: 0300 456 2370 Website: www.pohwer.net	<ul style="list-style-type: none"> <li>• Advocacy services covering areas including NHS Complaints, Direct Payments, Care Act and Children &amp; young people</li> <li>• Information resources</li> </ul>	<ul style="list-style-type: none"> <li>• NHS complaints</li> <li>• Independent Mental Health Advocacy</li> <li>• Independent Mental Capacity Advocacy</li> </ul>
<b>VoiceAbility</b> Website: www.voiceability.org Contact via website	<ul style="list-style-type: none"> <li>• Directory of local VoiceAbility advocates.</li> </ul>	<ul style="list-style-type: none"> <li>• Independent Mental Health Advocacy</li> <li>• Independent Mental Capacity Advocacy</li> <li>• Care and Support Advocacy</li> <li>• NHS Complaints Advocacy</li> <li>• Advocacy in Private Care Settings</li> </ul>
<b>seAp Advocacy (Southern England)</b> Head office Tel: 0330 440 9000 Text: 80800 (use keyword SEAP followed by message) Website: www.seap.org.uk	<ul style="list-style-type: none"> <li>• Local advocacy teams</li> </ul>	<ul style="list-style-type: none"> <li>• Independent Mental Capacity Advocacy</li> <li>• Independent Mental Health Advocacy</li> <li>• Independent Care Act Advocacy</li> <li>• Independent Health Complaints Advocacy</li> <li>• ESA &amp; PIP support</li> </ul>
<b>The Avocacy Project (London)</b> Tel: 020 8969 3000 Website: www.advocacyproject.org.uk	<ul style="list-style-type: none"> <li>• User involvement projects to support people to speak up about the services they use.</li> <li>• Advocacy service</li> </ul>	
<b>Cloverleaf Advocacy (Yorkshire)</b> Tel: 01924 454875 Website: www.cloverleaf-advocacy.co.uk	<ul style="list-style-type: none"> <li>• Advocacy service</li> <li>• Links to local self-advocacy groups</li> </ul>	<ul style="list-style-type: none"> <li>• Care Act Advocacy</li> <li>• Advocacy for Carers</li> <li>• Advocacy for people in secure mental health units</li> </ul>

## **SIGHT AND HEARING IMPAIRMENTS**

Organisation	Resources available	Examples of topics covered
<b>HALD</b> (Hearing and Learning Disabilities) Website: <a href="http://www.hald.org.uk">www.hald.org.uk</a>	<ul style="list-style-type: none"> <li>Information pages and downloadable information sheets</li> <li>Photos of objects to do with hearing (e.g. hearing aids)</li> <li>HALD Speech Discrimination Test. Go to: <a href="http://www.hald.org.uk/category/assessment-and-treatment/hald-speech-discrimination-test/">http://www.hald.org.uk/category/assessment-and-treatment/hald-speech-discrimination-test/</a></li> </ul>	<ul style="list-style-type: none"> <li>Communicating with someone with a hearing impairment (information for carers)</li> <li>Using a hearing aid</li> <li>Audiology appointments</li> <li>Hearing check social story</li> </ul>
<b>National Deaf Children's Society</b> Helpline: 0808 800 8880 Website: <a href="http://www.ndcs.org.uk">www.ndcs.org.uk</a>	<ul style="list-style-type: none"> <li>Information for parents of deaf children with additional and complex needs Go to: Family support &gt; additional and complex needs</li> <li>Online forum for parents of deaf children with additional needs</li> <li>List of local support groups</li> </ul>	<ul style="list-style-type: none"> <li>Technology to aid communication</li> <li>Autism and hearing difficulties</li> <li>Booklet: '<i>Deaf Children with Additional Needs</i>' Go to: Family support &gt; Additional and complex needs &gt; View our publications &gt; Deaf Children with additional needs</li> </ul>
<b>RNIB</b> (Royal National Institute of Blind People) Helpline: 0303 123 9999 Website: <a href="http://www.rnib.org.uk">www.rnib.org.uk</a> email: <a href="mailto:learningdisability@rnib.org.uk">learningdisability@rnib.org.uk</a>	<ul style="list-style-type: none"> <li>Free information service for people with sight difficulties and learning disabilities and other complex needs (telephone and email support) Go to: <a href="http://www.rnib.org.uk/services-we-offer/learning-disability-services">www.rnib.org.uk/services-we-offer/learning-disability-services</a></li> </ul>	<ul style="list-style-type: none"> <li>Information on leisure activities</li> <li>Details of optometrists who can give eye exams to people in residential care</li> <li>How to register someone as blind</li> </ul>
<b>SENSE</b> for deafblind people Advice line: 0300 330 9256 Website: <a href="http://www.sense.org.uk">www.sense.org.uk</a>	<ul style="list-style-type: none"> <li>Free information and advice service for deafblind people and their families</li> <li>Sign language interpretation available for the advice service</li> <li>Information pages. Go to: About deafblindness</li> </ul>	<ul style="list-style-type: none"> <li>Communicating with deafblind people</li> <li>Clinical assessments</li> <li>Technology</li> </ul>
<b>SeeAbility</b> Advisory service: 01372 755 045 Website: <a href="http://www.seeability.org">www.seeability.org</a>	<ul style="list-style-type: none"> <li>Information pages on vision and eye care for people with sight loss and other disabilities.</li> <li>Database of Optometry practices which provide appropriate facilities and eye tests for people with learning disabilities Go to: <a href="https://www.seeability.org/find-an-optometrist">https://www.seeability.org/find-an-optometrist</a></li> </ul>	<ul style="list-style-type: none"> <li>Having an eye test</li> <li>Eye care for people with Downs Syndrome</li> <li>Functional Vision Assessments</li> <li>Wearing glasses</li> </ul>

## **HOLIDAYS**

Organisation	Resources available
<p><b>Contact</b>            Helpline: 0808 808 3555            Websites: <a href="http://www.contact.org.uk">www.contact.org.uk</a></p>	<ul style="list-style-type: none"> <li>Downloadable booklet on play and leisure for disabled children, how to get help with funds, and where to find more information about taking a holiday. Also includes information about arranging holidays and organisations which give grants for them.                Go to Advice and Support &gt; Resource Library &gt; Subject: Leisure &gt; <i>Parent Guide: Holidays, play and leisure</i></li> </ul>
<p><b>Holidays for All</b>            Tel: 0845 124 9971 (general enquiries)            Website: <a href="http://www.holidaysforall.org">www.holidaysforall.org</a></p>	<ul style="list-style-type: none"> <li>Directory of accessible holiday providers</li> </ul>
<p><b>Hft</b>            Tel: 0117 906 1700 (general enquiries)            Website: <a href="http://www.hft.org.uk">www.hft.org.uk</a>            HFT Family Carer Support Service            Freephone: 0808 801 0448            Email:  <a href="mailto:familycarersupport@hft.org.uk">familycarersupport@hft.org.uk</a></p>	<ul style="list-style-type: none"> <li>Downloadable guide containing useful and in depth information about taking individuals with learning disabilities on holiday that includes lists of service providers.                Go to: Services&gt; Family Carer Support Service &gt; FCSS Updates and Resources &gt; <i>2018 Holiday Information Guide</i></li> </ul>
<p><b>Tourism for All</b>            Tel: 0845 124 9971 (general enquiries)            Website: <a href="http://www.tourismforall.org.uk">www.tourismforall.org.uk</a></p>	<ul style="list-style-type: none"> <li>Free directory of accessible holiday destinations</li> <li>Go to: Main Menu &gt; Directory</li> </ul>

## **MONEY**

Organisation	Resources available	Examples of topics covered
<p><b>Turn 2 Us</b>            Helpline: 0808 802 2000            Website: <a href="http://www.turn2us.org.uk">www.turn2us.org.uk</a></p>	<ul style="list-style-type: none"> <li>• Online benefits calculator</li> <li>• Online grants search</li> <li>• Information pages</li> <li>• Jargon buster</li> <li>• Helpline for people who are unable to use the internet</li> <li>• Local Adviser finder</li> </ul>	<ul style="list-style-type: none"> <li>• How to gain access to grants, welfare benefits and other financial assistance</li> </ul>
<p><b>Family Fund</b>            Tel: 01904 621115 (general enquiries)            Website: <a href="http://www.familyfund.org.uk">www.familyfund.org.uk</a></p>	<ul style="list-style-type: none"> <li>• Grants for essential items such as washing machines, clothing and specialist equipment</li> <li>• Discount vouchers</li> <li>• Take a Break fund for Scottish families</li> <li>• Digital skills programme &amp; computer grants</li> </ul>	
<p><b>Citizens Advice Bureau</b>            Advice line (Wales): 03444 77 20 20            Advice line (England): 03444 111 444            Website: <a href="http://www.citizensadvice.org.uk">www.citizensadvice.org.uk</a></p>	<ul style="list-style-type: none"> <li>• Telephone advice line</li> <li>• List of local Citizen's Advice Bureaux</li> <li>• Information pages</li> </ul>	<ul style="list-style-type: none"> <li>• Welfare benefits</li> <li>• Debt relief</li> <li>• Priority Services Register (a range of services surrounding energy supply, including free meter reading, bills sent to a relative or carer, advance notice of supply interruption, priority reconnection and alternative cooking and heating facilities)</li> <li>• Claiming Disability Living Allowance for children</li> </ul>
<p><b>Money Advice Service</b>            Free advice line: 0800 138 7777            Website: <a href="http://www.moneyadviceservice.org.uk">www.moneyadviceservice.org.uk</a></p>	<ul style="list-style-type: none"> <li>• Advice and guides to help improve your finances</li> <li>• Tools and calculators to help you keep track and plan ahead</li> <li>• Support in person, over the phone and online</li> </ul>	<ul style="list-style-type: none"> <li>• Debt and borrowing</li> <li>• Insurance</li> <li>• Care and disability</li> <li>• Benefits</li> <li>• Budgeting and managing money</li> </ul>

## **EMPLOYMENT FOR PEOPLE WITH LEARNING DISABILITIES**

Organisation	Resources available
<p><b>Remploy</b> Tel: 0300 456 8110 (general enquiries) Website: <a href="http://www.remploy.co.uk">www.remploy.co.uk</a></p>	<ul style="list-style-type: none"> <li>• Employment service for disabled people</li> <li>• Online CV builder</li> <li>• Job search page</li> <li>• Career advisors</li> <li>• Information pages such as 'How employers recruit', 'Interviewing' and 'Talking about disability'.</li> </ul>
<p><b>Jobcentre Plus</b></p>	<ul style="list-style-type: none"> <li>• Contact a local Job Centre Plus Go to: <a href="http://www.gov.uk/contact-jobcentre-plus">www.gov.uk/contact-jobcentre-plus</a> &gt; Local office search</li> <li>• Each office has a disability employment advisor. They can help with finding employment and with applying to the Access to Work scheme. The scheme can help with costs of travel to work, having a support worker at work and during an interview, specialist equipment and any access alterations needing to be made to the place of work.</li> </ul>
<p><b>British Association for Supported Employment</b> Website: <a href="http://www.base-uk.org">www.base-uk.org</a></p>	<ul style="list-style-type: none"> <li>• Directory of member organisations who deliver supported employment services.</li> </ul>
<p><b>Getting a Job</b> Created by a partnership of the National Valuing Families Forum, SHIEC and the Foundation for People with Learning Disabilities.</p>	<ul style="list-style-type: none"> <li>• Guide for families about employment for people with learning disabilities.</li> <li>• Contains Top Tips and real life examples.</li> <li>• You can download an online copy here: <a href="http://www.mentalhealth.org.uk/learning-disabilities/publications/getting-job">www.mentalhealth.org.uk/learning-disabilities/publications/getting-job</a></li> </ul>

## **RIGHTS**

Organisation	Resources available	Examples of topics covered
<p><b>The Scottish Government</b> (for families whose relative lives in Scotland) Tel: 0300 244 4000 (general enquiries) Website: <a href="http://www.beta.gov.scot">www.beta.gov.scot</a></p>	<ul style="list-style-type: none"> <li>Downloadable guide: <i>Adults with Incapacity (Scotland) Act 2000. Guardianship and Intervention Orders – making an application. A Guide for Carers</i> Search for the guide using the ‘search this site’ box</li> </ul>	<ul style="list-style-type: none"> <li>How the Adults with Incapacity Act aims to help people in Scotland aged sixteen or over who lack capacity to make some or all decisions for themselves</li> <li>How the act allows carers/guardians whose relative lives in Scotland make decisions on a person’s behalf</li> </ul>
<p><b>Office of the Public Guardian</b> (England and Wales) Tel: 0300 456 0300 Website: <a href="http://www.gov.uk/government/organisations/office-of-the-public-guardian">www.gov.uk/government/organisations/office-of-the-public-guardian</a></p>	<ul style="list-style-type: none"> <li>Information pages. Go to: See all our publications</li> <li>Application forms to become a person’s deputy</li> </ul>	<ul style="list-style-type: none"> <li>Making decisions on behalf of someone else</li> <li>Deputies: Act on behalf of someone who lacks capacity</li> <li>Report a concern about an attorney or deputy</li> </ul>
<p><b>UK Government Website</b> Website: <a href="http://www.gov.uk">www.gov.uk</a></p>	<ul style="list-style-type: none"> <li>Rights and disability rights information pages</li> <li>Go to: Homepage &gt; Disabled people &gt; Disability Rights &gt; Disability Rights</li> </ul>	<ul style="list-style-type: none"> <li>Employment rights</li> <li>Education rights</li> <li>Dealing with the police</li> </ul>
<p><b>Cerebra</b> Free helpline: 0800 328 1159 Website: <a href="http://www.cerebra.org.uk">www.cerebra.org.uk</a></p>	<ul style="list-style-type: none"> <li>Accessing Public Services Toolkit Go to: Help and Information &gt; Parent Guides &gt; Accessing Public Services Toolkit</li> </ul>	<ul style="list-style-type: none"> <li>Strategies to resolve problems with health, social care and education services.</li> <li>Inter-agency disputes</li> <li>Delays</li> </ul>
<p><b>CASCAIDr – Centre for Adults’ Social Care Advice, Information and Dispute Resolution</b> Fill out a free advice form at: <a href="http://www.cascaidr.org.uk/free-advice">www.cascaidr.org.uk/free-advice</a> Website: <a href="http://www.cascaidr.org.uk">www.cascaidr.org.uk</a></p>	<ul style="list-style-type: none"> <li>Offers free online information on different areas of the law</li> <li>Access legal advice</li> </ul>	<ul style="list-style-type: none"> <li>Health and social care</li> </ul>

## **RIGHTS (Continued)**

Organisation	Resources available	Examples of topics covered
<p><b>Hft</b> Tel: 0117 906 1700 (general enquiries) Website: <a href="http://www.hft.org.uk">www.hft.org.uk</a></p> <p>Hft Family Carer Support Service Freephone: 0808 801 0448 Email: <a href="mailto:familycarersupport@hft.org.uk">familycarersupport@hft.org.uk</a></p>	<ul style="list-style-type: none"> <li>Free downloadable guides for families on the Mental Capacity Act and the Care Act Go to: Our Services &gt; More Services &gt; Family Carer Support Service &gt; FCSS Updates &amp; Resources</li> <li>The above guide is supported by a series of film clips</li> <li><i>When things go wrong</i>: a paper about the rights of adults with learning disabilities and family carers in England.</li> </ul>	<ul style="list-style-type: none"> <li>Assessing Capacity</li> <li>Best Interest Decisions</li> <li>Challenging a Decision</li> <li>Health</li> <li>Involving Family Carers</li> <li>Managing Finances</li> <li>Moving Home</li> <li>Transition</li> </ul>
<p><b>Council for Disabled Children</b> Tel: 020 7843 1900 (general enquiries) Website: <a href="http://www.councilfordisabledchildren.org.uk">www.councilfordisabledchildren.org.uk</a></p>	<ul style="list-style-type: none"> <li>Downloadable information sheets</li> </ul>	<p><i>My Rights, Your Responsibility – Your Child’s Right to be Included and Disabled Children: A Legal Handbook</i>. Go to: Help and Resources &gt; I’m a parent</p>
<p><b>Blog: <i>The Small Places</i></b> Website: <a href="http://www.thesmallsplaces.wordpress.com">www.thesmallsplaces.wordpress.com</a></p>	<ul style="list-style-type: none"> <li>Blog about legal capacity and human rights, especially in the healthcare and social services</li> </ul>	<ul style="list-style-type: none"> <li>Mental Capacity Act (2005)</li> <li>Care Act (2014)</li> <li>Blog post: <i>Spread the Word: You DON’T need mental capacity to vote</i></li> </ul>
<p><b>Luke Clements</b> (solicitor and Cerebra Professor of Law at Leeds University) Website: <a href="http://www.lukeclements.co.uk">www.lukeclements.co.uk</a></p>	<ul style="list-style-type: none"> <li>Downloadable papers and articles about the rights of individuals who experience social exclusion (including people with learning disabilities)</li> </ul>	<ul style="list-style-type: none"> <li>Carers rights</li> <li>Human rights</li> <li>Disabled children parents’ guide: Social Care Rights</li> </ul>

## **RIGHTS (Continued)**

Organisation	Resources Available	Examples of topics covered
<p><b>Irwin Mitchell Solicitors</b> Tel: 0370 1500 100 (general enquiries) Website: <a href="http://www.irwinmitchell.com">www.irwinmitchell.com</a></p>	<ul style="list-style-type: none"> <li>• Free information sheets on legal rights</li> <li>• Template letters Go to: Personal Legal Services &gt; Protecting your rights &gt; Human rights &gt; Health and social care law</li> <li>• These include:               <ul style="list-style-type: none"> <li>- Continuing healthcare appeals</li> <li>- Formal complaint letter – cuts to services</li> <li>- Request to consider eligibility for community care support</li> <li>- Request for S47 assessment of needs</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Court of protection</li> <li>• <i>Deprivation of Liberty Safeguards</i> Go to: Personal Legal Services &gt; Protecting your rights &gt; Mental Capacity&gt; Deprivation of Liberty Safeguards</li> <li>• <i>Challenging a refusal to assess your disabled child for specialist services</i> Go to: Personal Legal Services &gt; Protecting your rights &gt; Human rights &gt; Health and social care law &gt; Template letters</li> </ul>
<p><b>Disability Rights UK</b> Equality Advisory / Support Service: 0808 800 0082 Disabled Students Helpline: 0300 995 0414 Website: <a href="http://www.disabilityrightsuk.org">www.disabilityrightsuk.org</a></p>	<ul style="list-style-type: none"> <li>• Downloadable factsheets</li> <li>• Helpline services (see left) – also includes Personal Budget helpline (0330 955 0404)</li> </ul>	<ul style="list-style-type: none"> <li>• Access to work and apprenticeships for disabled people</li> <li>• Welfare benefits and tax credits</li> <li>• Rights for disabled students</li> <li>• Appeals advice</li> </ul>
<p><b>Disability Law Service</b> Advice line: 020 7791 9800 Website: <a href="http://www.dls.org.uk">www.dls.org.uk</a></p>	<ul style="list-style-type: none"> <li>• Telephone appointment advice service</li> <li>• Online advice request service</li> <li>• Factsheets (downloadable or by post on request) Go to: Free Advice &gt; Online Advice &gt; Factsheets</li> </ul>	<ul style="list-style-type: none"> <li>• Community care</li> <li>• Education</li> <li>• Discrimination</li> <li>• Welfare benefits</li> <li>• Human rights</li> </ul>
<p><b>Leigh Day Solicitors</b> Tel: 020 7650 1200 (general enquiries) Website: <a href="http://www.leighday.co.uk">www.leighday.co.uk</a></p>	<ul style="list-style-type: none"> <li>• Information pages</li> <li>• Judicial Reviews</li> </ul>	<ul style="list-style-type: none"> <li>• Deprivation of liberty</li> <li>• Community Care eligibility</li> <li>• Bedroom Tax</li> </ul>



## **DIFFICULT TOPICS**

Organisation	Resources Available	Examples of topics covered
<p><b>Books Beyond Words</b> Tel: 020 7492 2559 (general enquiries) Website: <a href="http://www.booksbeyondwords.co.uk">www.booksbeyondwords.co.uk</a> RRP £10 / £4.95 eBook Free to borrow on request from your local library</p>	<ul style="list-style-type: none"> <li>• Picture books designed to help people with learning disabilities communicate more easily and explore their own experiences</li> </ul>	<ul style="list-style-type: none"> <li>• Depression</li> <li>• Personal hygiene</li> <li>• Romantic relationships</li> <li>• Puberty</li> <li>• Death and grief</li> </ul>
<p><b>Inquest</b> Advice line: 020 7263 1111 Website: <a href="http://www.inquest.org.uk">www.inquest.org.uk</a></p>	<ul style="list-style-type: none"> <li>• Specialist advice service for cases where somebody has died in custody or involving state failures, including in psychiatric care.</li> <li>• Skills and Support toolkit</li> <li>• Inquest Handbook</li> <li>• Family forum meetings</li> </ul>	<ul style="list-style-type: none"> <li>• Information about investigation and inquest processes</li> <li>• Working with an MP</li> <li>• Human Rights Act</li> <li>• Coping with a death and an inquest</li> </ul>
<p><b>Sibs</b> Website: <a href="http://www.sibs.org.uk">www.sibs.org.uk</a></p>	<ul style="list-style-type: none"> <li>• Information pages</li> <li>• Online advice and support form</li> </ul>	<ul style="list-style-type: none"> <li>• Safeguarding concerns</li> <li>• Bereavements</li> <li>• Concerns about younger siblings</li> </ul>
<p><b>Respond</b> Institutional Abuse Helpline: 0808 808 0700 Website: <a href="http://www.respond.org.uk">www.respond.org.uk</a></p>	<ul style="list-style-type: none"> <li>• Institutional Abuse Helpline offers support and advice for people who have been affected by institutional abuse.</li> <li>• Information videos about forced marriage</li> </ul>	
<p><b>Dying Matters</b> Freephone: 08000 21 44 66 Website: <a href="http://www.dyingmatters.org">www.dyingmatters.org</a></p>	<ul style="list-style-type: none"> <li>• Information pages and leaflets</li> </ul>	<ul style="list-style-type: none"> <li>• Coping with bereavement</li> <li>• Talking about death and dying</li> <li>• Talking to children about death</li> </ul>
<p><b>Leeds City Council</b> Resource address: <a href="http://www.leedssexualhealth.com/professional-area/puberty-and-sexuality">www.leedssexualhealth.com/professional-area/puberty-and-sexuality</a></p>	<ul style="list-style-type: none"> <li>• Puberty and Sexuality teaching pack</li> </ul>	<ul style="list-style-type: none"> <li>• Useful drawings for explaining about these topics</li> </ul>

## **SLEEP**

Organisation	Resources Available	Examples of topics covered
<p><b>Cerebra</b> Helpline: 0800 328 1159 Website: <a href="http://www.cerebra.org.uk">www.cerebra.org.uk</a></p>	<ul style="list-style-type: none"> <li>• Sleep practitioner support service</li> <li>• Online information videos Go to: <a href="http://www.youtube.com">www.youtube.com</a> &gt; search Cerebra Charity &gt; Cerebra Charity channel &gt; Sleep</li> </ul>	<ul style="list-style-type: none"> <li>• Night waking</li> <li>• Sleep routine</li> <li>• Early rising</li> <li>• Encouraging your child to sleep alone</li> </ul>
<p><b>Childrens Sleep Charity</b> Tel: 01302 717 416</p>	<ul style="list-style-type: none"> <li>• Leaflets on sleep including bedtime routines and sleep and diet</li> <li>• Provide support and sleep training workshops for families</li> </ul>	<ul style="list-style-type: none"> <li>• Sleep routine</li> <li>• Sleep and diet</li> </ul>
<p><b>Sleep Scotland</b> (supporting children up to 18 years) Tel: 0131 651 1392 Website: <a href="http://www.sleepscotland.org">www.sleepscotland.org</a></p>	<ul style="list-style-type: none"> <li>• Sleep support line (Scotland only)</li> <li>• Sleep counselling (Scotland only)</li> <li>• Information on sleep services in other parts of the UK</li> <li>• Parent workshops (Scotland only)</li> </ul>	<ul style="list-style-type: none"> <li>• Sleep awareness and education</li> <li>• Bedtime routine</li> <li>• Sleep hygiene</li> <li>• Creating a good sleeping environment</li> </ul>

## **TOILETING**

Organisation	Resources available	Examples of topics covered
<b>ERIC (Education and Resources for Improving Childhood Continence)</b> Helpline: 0845 370 8008 / info@eric.org.uk Website: www.eric.org.uk	<ul style="list-style-type: none"> <li>• Helpline (telephone and email)</li> <li>• Online community message board peer support</li> <li>• Free downloadable information sheets</li> </ul>	<ul style="list-style-type: none"> <li>• Daytime wetting</li> <li>• Bedwetting</li> <li>• Constipation</li> <li>• Soiling</li> <li>• Toilet training</li> </ul>
<b>Book: Toilet Training for Individuals with Autism and Related Disorders. A comprehensive guide for Parents and Teachers (2007).</b> by Wheeler, M., Future Horizons	<ul style="list-style-type: none"> <li>• An easy to read book that offers strategies for teaching toileting skills to children with developmental disabilities.</li> </ul>	<ul style="list-style-type: none"> <li>• How to gauge 'readiness'</li> <li>• Overcoming fear of the bathroom</li> <li>• How to teach someone with autism to use toilet paper, flush the toilet and wash their hands</li> <li>• Toileting in unfamiliar environments</li> </ul>
<b>Bladder and Bowel Foundation</b> Free Helpline: 0845 345 0165 Website: www.bladderandbowelfoundation.org	<ul style="list-style-type: none"> <li>• Bladder / Bowel diaries</li> <li>• Just can't wait toilet cards</li> <li>• Information sheets</li> </ul>	<ul style="list-style-type: none"> <li>• Bed and Chair protection</li> <li>• Clothing and swimwear</li> </ul>

**Please note that the Challenging Behaviour Foundation is not recommending the organisations on this list.**

**Last updated January 2019**

### **The Challenging Behaviour Foundation**

We are the charity for people with severe learning disabilities who display challenging behaviour. We make a difference to the lives of children and adults across the UK by:

- Providing information about challenging behaviour
- Organising peer support for family carers and professionals
- Giving information and support by phone or email
- Running workshops which reduce challenging behaviour

To access our information and support, call 01634 838739, email [info@thecbf.org.uk](mailto:info@thecbf.org.uk), or visit our website: [www.challengingbehaviour.org.uk](http://www.challengingbehaviour.org.uk)

If you have found this information useful, please consider making a donation.

You can show your support at [www.challengingbehaviour.org.uk/support-us](http://www.challengingbehaviour.org.uk/support-us).

Make a £5 donation by texting CBF DN05 to 70085

Or email us to get involved at [support\\_us@thecbf.org.uk](mailto:support_us@thecbf.org.uk)