

Resources and Services for Parents/Carers: Intellectual Disability

This resource and services list is intended for parents and carers of children and young people with an Intellectual (previously known as Learning Disability), living in Edinburgh. However, many resources can be accessed nationally. Many of the entries may be also useful for parents of children with other Additional Support Needs.

1. Useful websites and reading:

The Autism Toolbox: whilst aimed at supporting young people with Autism, the Autism toolbox has many resources which would be beneficial for children with an Intellectual Disability e.g. downloadable now and next visual timetables.
<http://www.autismtoolbox.co.uk/>

Boardmaker in City of Edinburgh Libraries: Boardmaker is a computer program used to make visual symbol supports. It can be used to create visual materials to support good communication. It is available in 6 libraries in Edinburgh (Craigmillar, Central, Drumrae, Gilmerton, Leith and Wester Hailes). Families and carers can use it any time for free (please book in advance via the library to guarantee availability). Library staff can show you how to use Boardmaker and there will be guidance sheets available.

The Challenging Behaviour Foundation: <https://www.challengingbehaviour.org.uk/> A charity for people with intellectual disabilities whose behaviour challenges. They provide information about distressed behaviour, can support families by phone or email and have workshops on supporting distressed behaviour.

Changing Places UK: a map of changing places toilets across the UK. These changing place toilets have hoists, space for wheelchairs, an adult sized changing bench and many other things. For the map see: <https://changingplaces.uktoiletmap.org/> For more information about these toilets see <http://pamis.org.uk/campaigns/changing-places-toilets/> See also *Pamiloo* for mobile changing place toilets which can be hired for large events which do not have accessible toilets
<http://pamis.org.uk/campaigns/pamiloo/>

Euan's guide: Euan's Guide is a website in which you can review, share and discover accessible places to go across the world. It is similar to trip advisor, but users review the location with specific reference to accessibility. General website:

<https://www.euansguide.com> Reviews specific to Edinburgh venues/locations
<https://www.euansguide.com/reviews/results/?city=Edinburgh&countrycode=GB&location=Edinburgh,%20UK&sortBy=NumberOfReviews>

The Keys to Life website: website for Scotland's Learning Disability strategy <https://keystolife.info/>. This for information only, about what the government are planning on doing to support children, young people and adults with a LD in Scotland in the next few years. The Keys to Life priorities are *'living, learning, working and wellbeing.'* See also: **Scottish Commission for Learning Disability (SCLD)** The SCLD *"are an intermediary organisation for the learning disability sector in Scotland and the Scottish Government's deliver partner in the implementation of The Keys to Life"* <https://www.sclld.org.uk/>.

Lets Talk Scot- NHS Lothian's Speech and Language Website. Information about supporting speech development and accessing speech and language services <https://www.lets-talk.scot.nhs.uk/> General Enquiries: 0131454 9544 on Tuesday afternoon's between 2 and 4. Contact Numbers for different Edinburgh and Lothian localities can be found here: <https://www.lets-talk.scot.nhs.uk/contact/>

Making Sense of Sensory Behaviour, Falkirk Council: A Practical Approach at Home for Parents and Carers A guide for supporting sensory behaviour, written by Falkirk Council's Children with Disabilities Team. This can be accessed online from Falkirk Council website. <https://www.falkirk.gov.uk/services/social-care/disabilities/docs/young-people/Making%20Sense%20of%20Sensory%20Behaviour.pdf?v=201507131117>

NHS Lothian online Rainbow Yoga: A programme devised by the NHS Lothian CAMHS ID team for children with intellectual disabilities who are able to imitate movement. Accessed through the following link <https://www.vimeo.com/channels/1590397>

Scottish Government Resources – Covid-19 access to services: *"During the coronavirus (COVID-19) outbreak, we are aware that disabled children, young people and families may require more support. This COVID-19 support page provides links to information which can explain rights and access to services during this time". This page also contains links to organisations which may be adapting their services to offer you further support.* <https://www.gov.scot/publications/supporting-disabled-children-young-people-and-their-families/pages/covid-19-information-for-disabled-children-young-people-and-their-families/> *This page may be updated as more resources to*

support disabled children, young people and families during the outbreak become available. More information is available on the Parent Club website (<https://www.parentclub.scot/>).

Sick Kids Hospital Website: <https://children.nhsllothian.scot/> This is the new Sick Kids Hospital website, which has lots of information about different departments including information about attending hospital.

2. Funds and Resources to access

The Action Group: This is for children and adults with intellectual disabilities and their parents/carers. This service gives information and advice about social security benefits. The Action Group, Norton Park Centre, 57 Albion Rd, Edinburgh EH7 5QY, 0131 475 2315 website: www.actiongroup.org.uk, e-mail: advice@actiongroup.org.uk

Blue Badge: This is sometimes available if the child's additional support needs affect their ability to walk safely. It helps you park closer to your destination. For further eligibility criteria and the application, please see: <https://www.mygov.scot/apply-blue-badge>

Cash For Kids: Each year Cash for Kids supports thousands of children from birth to 18 years old who are ill, disabled or who simply need extra care and guidance. They do this by providing grants to individual children, other children's charities, community groups, schools and health organisations across the UK. Grants must directly benefit the children, but they often have a positive effect on their families too. Forth House, Forth Street, Edinburgh, EH1 3LE, 0131 475 1332, <http://www.cashforkids.uk.com>, cashforkids@radioforth.com

Disability Living Allowance (DLA): Information about DLA can be found at <https://www.mygov.scot/disability-living-allowance-children> and the application form and further info at <https://www.gov.uk/disability-living-allowance-children> Families can contact agencies such as Vocal, Action group, Kindred, Fair and Enquire to request a meeting to help complete the form.

Edinburgh Airport – Additional Needs Assistance

Edinburgh Airport offers an Additional Needs service for passengers on the autism spectrum or with complex additional needs. Their team can meet you on arrival to the airport to help with check-in and security, and can liaise with the airline about flight boarding. They will coordinate with security in the area to make the process as quick

and straightforward as possible. They can also meet you from your return flight to ensure a smooth transit through immigration. If you would like to use this service you must complete the booking form available online and return it to additionalneeds@edinburghairport.com no later than 72 hours before your date of travel. Go to <https://www.edinburghairport.com/prepare/special-assistance> for further information.

ERIC, the children's bowel and bladder charity: This charity provides help, advice and resources on issues around toileting. Helpline & Information Tel: 0808 1699 949

The Helpline is open Mondays to Thursdays, 10am to 2pm. Calls to the Helpline are free. Lines are often less busy between 11am and 1pm. Out of hours or busy line, you can submit a web enquiry for to request a call back or email response. <https://ericcharity.secure.force.com/helpline/>

Enabling Technology for Children: Adapted buggies can be available through NHS referral (Occupational Therapist, GP, Health visitor, Physiotherapist, CCH)

FAIR (Family Advice and Information Resource): Families can access: advice and information regarding benefits and money management; support around benefit applications including DLA, PIP etc, 95 Causewayside, Edinburgh, EH9 1QG, 0131 662 1962, fair@fairadvice.org.uk, www.fairadvice.org.uk

Family Fund: A government fund that families can apply to each year, for items up to around £300 for something that makes life easier for a child with ASN. It could be a washing machine, a new bed, a trampoline, a zoo membership or an iPad. The availability of funds varies and it is worth checking regularly. Eligibility criteria can change – check the website. 01904 550055; www.familyfund.org.uk; contact via online forms here <https://www.familyfund.org.uk/Pages/FAQs/Category/contact-us>

The ILF Scotland Transition Fund: The Fund provides money, for up to one year, to support young people (16-21) living with disabilities (as defined in the Equality Act 2010) to improve their lives. This includes autism, intellectual disability, physical disability, mental health (e.g. anxiety or depression) or hearing or visual impairments. The fund can be used to support community engagement activities e.g. art or music lessons, driving lessons, sports equipment, technology which helps with impairment. For further information go to: <http://ilf.scot/transition-fund/>

Just Can't Wait Toilet Card: a free toilet access card
<https://www.bladderandbowel.org/help-information/just-cant-wait-card/>

Nappies/containment products: Products are available from 4 years old if child is incontinent, you can apply through health visitor or school nurse if school age. Child should have a continence assessment and undergo a three month toileting programme first.

RADAR National Key Scheme: The National Key Scheme (NKS) offers disabled people independent access to locked public toilets around the country. Toilets fitted with National Key Scheme (NKS) locks can now be found in shopping centres, pubs, cafés, department stores, bus and train stations and many other locations in most parts of the country. Keys can be purchased from a number of outlets such as Disability Rights UK, Ground Floor, CAN Mezzanine, 49-51 East Road, London, N1 6AH enquiries@disabilityrightsuk.org <https://www.disabilityrightsuk.org/shop/official-and-only-genuine-radar-key>

Take A Break Fund: A government fund that families with a child with Additional Support Needs (ASN) can apply to for up to £500 help with a holiday. This is administered by the same people as the family fund so the forms look similar but you can apply for both. The availability of funds varies and it is worth checking regularly. Families have used money e.g. to buy camping equipment, to hire a caravan with an extra room, to go to Legoland or towards a foreign holiday. <https://takeabreakscotland.org.uk/> info@takeabreakscotland.org.uk

Thistle Assistance Card: The South East of Scotland Transport Partnership has developed the Thistle Assistance Card and App to make using public transport easier for older people and those with disabilities or illness. The card and App are supported by a wide variety of voluntary organisations across Scotland and by most bus, train, tram, ferry and airport operators. It is credit-card sized and comes with a supply of peel-off stickers (which can be personalised), which advise the driver or conductor of your disability and the help you need in an easy-to-read format. The card is available to all people who require it through bus companies, libraries, health centres and online (<https://www.thistleassistance.com/get-the-card/>) with no eligibility criteria required. For more information please complete this online form <https://www.thistleassistance.com/contact/>

3. Play and Leisure

ASN friendly cinema screenings: The Odeon at Wester Hailes and Fort Kinnaird, Vue at Ocean Terminal and Omni Centre and the Cameo cinema in Edinburgh offer regular screenings where the lights are not fully down and the volume is reduced. This is in

partnership with Dimensions UK. People are free to walk about and have a break if needed. See websites for details:

www.dimensions-uk.org/what-we-do/autism-care/autism-friendly-screenings/

Email: autismfilms@dimensions-uk.org 0300 303 9062. They also have a social story template for going to the cinema. The child/young person does not need to have autism to attend these sessions.

Carers go free: At many visitor attractions and leisure facilities, carers of children with additional support needs can accompany their child for free e.g. Edinburgh Zoo (<https://www.edinburghzoo.org.uk/plan-your-visit/day-planner/visitors-with-disabilities/>) and Edinburgh Castle (<https://www.edinburghcastle.scot/plan-your-visit/access-guide>). If you are going somewhere new, is worth phoning them in advance to see if this applies and what evidence, if any, they require. For example, at Edinburgh Zoo, proof of entitlement such as an Access Card with a '+1' symbol, a 'plus one' travel card or a letter from Disability Living Allowance is required. For more info see: <https://carers.org/out-and-about/free-entry-for-carers-to-visitor-attractions>

Cinema card: The CEA Card is a national card scheme developed for UK cinemas by the UK Cinema Association (UKCA). The scheme is one of the ways for participating cinemas to ensure they make reasonable adjustments for disabled guests when they go to the cinema; in particular it ensures a complimentary ticket for someone to go with them. You don't need to have a CEA Card for a reasonable adjustment to be made and cinemas still have to make reasonable adjustments. If you require an adjustment to visit a cinema because of your disability, the UKCA's policy is cinema staff should make them for you. 3 possible application processes: online, part online or postal, 8 years +, eligible if claiming DLA, PIP, Attendance Allowance, payment £6. PO Box 199, Deeside, CH5 9BW, 0344 967 0101, info@ceacard.co.uk, www.ceacard.co.uk, Textphone 18001 0344 9670101 <https://www.ceacard.co.uk/contact>

Charlotte's Tandems: This organisation can lend, at no cost, tandems and tag-alongs to (and only to) people with disabilities or additional needs, who are unable to ride a bike safely on their own, so that they can enjoy the wonders of cycling. They are available for hire for a couple of months at a time, though some people have them for much longer. Please refer to website for further information and contact details. <http://www.charlottetandems.co.uk/>

Edinburgh Leisure: The Development Officer can discuss ways to support your child to access leisure activities. They can advise on suitable classes and opportunities for additional assistance in classes. You can sign up to be sent the Newsletter. There is a

link to Activ8 at Gracemount Leisure Centre activity days for children with ASN on Saturdays – alternates primary and secondary.

Disability Sport and Physical Activity Development Officer, Edinburgh Leisure,
Vantage Point, 3 Cultins Road, EH11 4DF, 0131 458 2162

highflyers&jumpin@edinburghleisure.co.uk

<https://www.edinburghleisure.co.uk/activities/disability>

Gravity Trampoline Park: Gravity offers reduced sound and light sessions for children and young people with additional needs. Carers go free. Fountain Park, EH11 1AF.

<https://www.gravity-uk.com/fountain-park-edinburgh/activities/sen-sessions>

03301595815

Hard Rock Café: Quiet Hour 11am-12pm is held one Sunday a month; the restaurant is closed to the general public. Booking in advance plus a £5 deposit (redeemable against the meal) is required.

Oceanplay – soft play centre: This soft play is located in Ocean Terminal, Leith, Edinburgh, EH6 6JJ. It offers sessions for children with additional support needs. See www.oceanplaycentre.co.uk oceanplaycentre@gmail.com 0131 555 1900 for more details.

National Museum of Scotland: The museum has a section of their website dedicated to supports for children with Autism, many of which will be useful for children with an Intellectual Disability. For example, they have a sensory map of the museum which shows the noise and lighting level of each area of the museum, as well as how many people tend to be in each area and how hands on or visual each section of the museum is. There are also downloadable picture communication cards with some of the museum's most popular objects, and visual stories with pictures of each entrance. All available at: <https://www.nms.ac.uk/national-museum-of-scotland/plan-your-visit/support-and-resources-for-autistic-children/>

The Saturday Adventure Club for Complex Medical Needs: The Saturday Adventure Club has been specially developed to offer children who have complex medical needs and are unable to access other services because of this, the opportunities to engage in creative activities in a safe and stimulating environment where they can develop friendships, learn new skills and gain new experiences. The Saturday Adventure Club runs in Edinburgh only. If you are interesting in joining this or have any questions regarding The Saturday Adventure Club please contact the office on 0131 661 3834 or

email office@lothianautistic.org <https://www.lothianautistic.org/services-2/the-saturday-adventure-club-complex-medical-needs/>

Sight Scotland Kidscene: Kidscene is an after school and holiday club that caters for children with and without disabilities between the ages of 5-16. They are based in Morningside at The Royal Blind School. A full day at holiday club costs £32 and a half day costs £16. The afterschool club is £16 per child per session Monday to Thursday, and £22 for a Friday session. 0131 446 3136. Holiday club enquiry form: <https://sightscotland.org.uk/what-we-do/learning/after-school-club>

Team-United: Team United is a charity that works to support young people with disabilities overcome social barriers they often face when taking part in team sports. They do this through offering young people the opportunity to take part in a player pathway that offers weekly sports instruction, a monthly social club and awards scheme. For further information contact www.team-united.org.uk team.united@btinternet.com

The Yard: This charity offers an enclosed $\frac{3}{4}$ acre adapted adventure playground with a large indoor centre. It is for children and young people with a wide range of additional support needs who come with their family, school, playscheme or other groups. Drop in family sessions on Friday (1pm – 4pm) and Saturdays (12pm – 5pm) for up to 18 years. Sunday Fundays – contact the Yard for further information and booking. Membership required for some activities – taster sessions available. Other clubs run - info from The Yard 22 Eyre Lane, Edinburgh, EH3 5EH, 0131 476 4506 info@theyardscotland.org.uk www.theyardscotland.org.uk

4. Transition to Adulthood and Post School

Into Work: This is a specialised employment support service for disabled jobseekers across Edinburgh, East, West and Midlothian. To be eligible to receive their services the young person must be aged 16 and above. For eligibility criteria go to www.intowork.org.uk IntoWork, Norton Park, 57 Albion Road, Edinburgh, EH7 5QY 0131 475 2600 enquiries@intowork.org.uk <https://www.intowork.org.uk/contact/>

Project Search: This service provides a full time training programme run by the City of Edinburgh Council, NHS, Into Work and college. As it follows the college year, information sessions and applications are around February/March. The course runs

from August www.edinburgh.gov.uk/projectsearch
project.search@edinburgh.gov.uk 0131 529 3157

Scottish Transitions Forum, a framework for transitions: recommended by Keys to Life website for supporting. “The Principles of Good Transitions 3 provides a framework to inform, structure and encourage the continual improvement of support for young people with additional needs between the ages of 14 and 25 who are making the transition to young adult life.” <https://scottishtransitions.org.uk/7-principles-of-good-transitions/>

Skills Development Scotland: This national organisation provide support and information with post school options, such as further education. They can support with any applications and provide career advice and information. The head office is located at 9 Shanwick Place, Edinburgh, EH2 4SD www.myworldofwork.co.uk

Talking about Tomorrow: As a charity it can support parents during times of transition. It has proformas and advice for creating transition plans. Recommended by the Scottish Transitions forum above. Free Helpline: 08088083555 <http://www.talkingabouttomorrow.org.uk/planning-for-transition/>

Neighbourhood Networks: There are 26 established networks across the central belt of Scotland and is an organisation that supports people with a learning disability to make new friends, build connections and learn and share new skills. They support members to work towards life goals to help them live the life they want. Activities members can enjoy include: digital activities, walks in the local area, drama, bowling. It is free to join the network. Members are responsible for the cost of any activities they chose to engage in. Eligible members can join from the age of 16. 01414401005 info@neighbourhoodnetworks.org www.neighbourhoodnetworks.org

5. Parent and Family Support

Afasic: It is a parent-led organisation to help children and young people with speech and language impairments, and their families. 1st Floor, 20 Bowling Green Lane, London, EC1R 0BD , UK Helpline: 0300 6669410, Enquiries: 020 7490 9410 Website: www.afasic.org.uk contact form: www.afasic.org.uk/contact

Contact Scotland: This service provides advice on all issues including support groups, medical information, respite, benefits and Additional Support Needs.

Craigmillar Social Enterprise & Arts Centre, 11/20 Harewood Road, Edinburgh, EH16 4NT, Telephone 0131 659 2930, Free helpline 0808 808 3355 9.30-5pm Mon, 10.15-5 Tuesday, 9.30-5 wed-Thursday, scotland.office@cafamilly.org.uk www.cafamilly.org.uk, live web chat <https://contact.org.uk/advice-and-support/our-helpline/>

Edinburgh Together is a joint initiative between Barnardo's, Children 1st, Cannongate Youth and City of Edinburgh Council. Edinburgh Together is a multi-disciplinary team providing direct support to children and families to ensure that as many Primary to Secondary children and young people with social, emotional and behavioural needs as possible can remain in their own schools, families and communities, wherever that is safe and appropriate.

Referrals to the Service are made following a Child's Planning Meeting, minutes of the meeting should be forwarded by the school to Additional Support Access Point (ASAP) Group for discussion and allocation if appropriate. For further information contact Edinburgh Together, 111 Oxbgangs Road North, Edinburgh, EH14 1ED, 0131 446 7000, 01314467001, EdinburghTogether@barnardos.org.uk <https://www.barnardos.org.uk/what-we-do/services/edinburgh-together-level-3>

ENABLE: This Scottish charity is specifically for children and adults with intellectual disabilities. website: www.enable.org.uk, e-mail: enabledirect@enable.org.uk , Facebook page: www.fb.me/enablescotland, ENABLE direct: 0300 0200 101 ; Central Services Office: INSPIRE House, 3 Renshaw Place, Eurocentral, Lanarkshire, ML1 4UF, 01698 737 000 ; Glasgow, Renfrewshire and East Renfrewshire LMC: 2nd floor, 146 Argyle Street, Glasgow G2 8BL, 0141 226 4541 ; North Lanarkshire LMC: Stirling House, 80-89 Stirling Street, Airdrie, ML6 0AS

Enquire: The Scottish advice service provides parental support on ASN. If you feel a child or young person needs extra help to get the most from their learning and are unsure what to do, Enquire can help you. They offer practical advice and information about the education and additional support needs system in Scotland. Enquire will explain how the system may relate to your situation and advise you on possible ways forward. Children in Scotland, Rosebery House, 9 Haymarket Terrace, Edinburgh, EH12 5EZ Telephone helpline: 0345 123 2303, info@enquire.org.uk, www.enquire.org.uk.

First Hand Lothian: *"We can deliver flexible and tailored respite to meet both the needs of the parents/carers, your child/ren with a disability and their siblings. This whole*

family approach, delivered in the family home where children feel secure and comfortable, save parents / carers time, planning and other all the other challenges we know there are when you need to travel to access respite services for one child with a disability. We can, for example, look your child with a disability and their siblings at the same time leaving you free to enjoy much needed respite. We can provide a trained and experienced member of staff and a volunteer so that your child with disability gets specialised one on one attention and activity specific to their needs, whilst a trained volunteer spends time with siblings. We can take your child/ren to activities in the local community, to play in the local park – it is up to you to decide what works best for your family.” If you have a social worker or Self Directed Support, call 0131 523 1322 before completing an application (<https://www.firsthand-lothian.org.uk/contact-us/>). Info@firsthand-lothian.org.uk

Kindred (previously SNIP): The service provides advice and information on services available to children with additional support needs and their carers. Helpline: 0800 031 5793 option 1, website: www.kindred-scotland.org e-mail: Enquiries@kindred-scotland.org

Mencap: This is a UK charity which works to support families and people with a learning disability. They have a helpline that can be called for advice and information on support services 08088081111 helpline@mencap.org.uk
<https://www.mencap.org.uk/advice-and-support/our-services/learning-disability-helpline>

Pamis: This charity is linked to the changing places toilet campaign and supports people with profound and multiple disabilities, including learning disability. They offer a range of services including advice and support, short breaks, support for postural care, and a virtual activity programme for use during Covid-19
<http://pamis.org.uk/services/>

Parent Line: Help and advice for all parents on any topic are answered, including but not limited to; money worries, coping with stress, understanding behaviour, mental health and wellbeing. 08000282233; web chat <https://www.children1st.org.uk/help-for-families/parentline-scotland/>

Salveson Mindroom: Salveson Mindroom provides support, information and advocacy for families of children with additional support needs, including Intellectual Disability. Website: www.mindroom.org Email: directhelp@mindroom.org Call: 0131 370 6730; Text: 07747 492 755; Live Online Chat: www.mindroom.org/contact-us

SibsUK: This website has information for supporting siblings of those with a disability (www.sibs.org.uk). It also has a website specifically for siblings to access (www.youngsibs.org.uk). The website for siblings has an 'ask a sibling advisor' section where they can ask any questions they have and get support and advice.

Sleep Scotland: This is a national service, which provides support to families of children with additional support needs and severe sleep problems. Information line: 0131 258 1258 Monday – Thursday 9.30am – 4pm, Friday 9.30am – 12.30pm website: www.sleepscotland.org E-mail: enquiries@sleepscotland.org
Sleep Support Freephone advice and information line 0800 138 6565 Monday – Thursday 10am – 4pm and on sleepsupport@sleepscotland.org

Solihull Online Course for Parents: Online course for parents of all children aged 6 months to 19 years, with and without Additional Support Needs. This is a series of sessions which can be worked through at your own pace. They cover topics such as child development, understanding emotions and sleep. At the time of writing, there is a free access code for these sessions: click on 'take this course now' and enter the code 'tartan' into the 'enter access code' here box. Free access code: 'tartan'.
<https://solihullapproachparenting.com/online-course-for-parents/>

VOCAL (Voice of Carers Across Lothian): VOCAL is a charity which supports unpaid carers in Edinburgh and Midlothian in many ways, including; family support, information, training, group workshops, access to services, counselling service and social events with other carers. 01316226666 centre@vocal.org.uk
<https://www.vocal.org.uk/>

6. Education and Health Services in Edinburgh

Education

City of Edinburgh Council Additional Support for Learning (ASL) Service: The ASL service is an educational support service which work with schools, nurseries and partner services e.g. Early Years Team, Inclusion Support team. Referrals are made by schools and takes place through the GIRFEC process when further support is required.
<https://www.edinburgh.gov.uk/asl>

City of Edinburgh Council Educational Psychology Service: Educational Psychologists apply their knowledge of psychology to support children's learning, behaviour and

social and emotional development. In doing so, they aim to ensure that all children and young people have a successful experience of education. Educational Psychologists work alongside parents, teacher and other professionals to improve the learning experiences and wellbeing of children and young people. If you are concerned about your child, you can contact them on the details below. It is usually better to discuss the situation first with the staff at your child's nursery or school, or with someone who is already working with you. They may be able to help you in the first instance, or they may invite their Educational Psychologist to your child's planning meeting. Referral usually takes place through the GIRFEC process when further support is required. 0131 469 2800; psychologicalservices@ea.edin.sch.uk

Health

Child and Adolescent Mental Health Services (CAMHS) Young people with ID attending mainstream schools are able to access their local CAMHS team for assessment in relation to emotional difficulties that are significantly impacting on the day to day functioning and where there is a risk of harm to themselves or others. Referrals can be made as part of the GIRFEC planning process and following a child planning meeting to ensure that there is coordination of support available across all settings. Further information is available on the NHS Lothian CAMHS webpage.

For young people with significant intellectual disability, they can access the CAMHS Intellectual Disability team, a specialist multidisciplinary team covering the whole of Lothian. Usually, referrals are made by health professionals such as paediatricians to ensure that physical health assessments have been completed in the first instance.

<https://services.nhslothian.scot/camhs/Pages/default.aspx>

Community Child Health are a team of paediatricians. They specialise in children and young people who have developmental difficulties and disability and also help children who are vulnerable where there might be concerns about their wellbeing. They work closely with lots of other health professionals such as family doctors (GPs), hospital doctors, health visitors, school nurses, Children and Adolescent Mental Health Services (CAMHS), specialist nurses and therapists such as physiotherapy, speech and language or occupational therapy. CCH also works together with teachers, nursery staff, colleagues in education, social care or partners from different charities. This means that paediatricians can build a really complete picture of how children and young people – and their families - might need help or support in different areas of their lives.

A referral is required to access Community Paediatrics and this can be made by a professional who knows the child or young person, for example, teacher or general practitioner. We are changing our name from Community Child Health to Community Paediatrics. For more information on services please see <https://children.nhsllothian.scot/>

Community Learning Disability Nursing (CLDN) CLDN work with children age 0-18 years and adults with Intellectual Disability. Typical areas of support include approaches to supporting behavioural concerns, toileting, sleep, managing puberty and supporting transition to adulthood. Parents can self-refer to CLDN teams and information about local teams is available on the NHS Lothian website.

There is an acute CLDN liaison nurse linked to the Children's Hospital in Edinburgh and St John's who can support appointments and admissions for children and young people with intellectual disability. Information is available on the CLDN webpage. <https://services.nhsllothian.scot/LearningDisabilities/ClinicalServices/Pages/CommunityLearningDisabilityTeam.aspx>