

## PATIENT INFORMATION

# Parents Independence Pack

The Learning Disabilities Team



You have been referred into our Learning Disabilities Nurse Clinics for Support around Independence Skills. When we talk about 'Independence skills' this can range from support and advice around developing new skills, personal hygiene skills, health needs, 14+ GP health Check, Inoculations, access to dental services, continence, puberty, sexual health etc. There are many ways that we can support your child/young person with increasing their independence skills, and giving them some control in their lives, including backward chaining, visual resources, timelines, social stories etc.

Within this Independence Pack we have included:

- Information around visuals
- Health passport to care

We will send you an appointment in the post where we will meet with yourself to complete an assessment to help us to gather appropriate information about your child. We do not need to see your child at this point. Once we have completed the assessment we usually like to visit the child at home/within school. We will then develop an intervention plan with you, often using visuals. We fully understand some of the difficulties and daily struggles our families go through, and therefore will ensure that is made as person centred as possible to meet the needs of the young person and their families.

If you have any further questions or require any further information please do not hesitate to give us a call on 0330 024 5321

We look forward to meeting with you and your child in the near future.



[www.childrenandfamilyhealthdevon.nhs.uk](http://www.childrenandfamilyhealthdevon.nhs.uk)

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For further assistance or to receive this information in a different format, please contact the department which created this leaflet.