

Information for young people



This leaflet will tell you about how **Adult Care Services** might be able to help you.

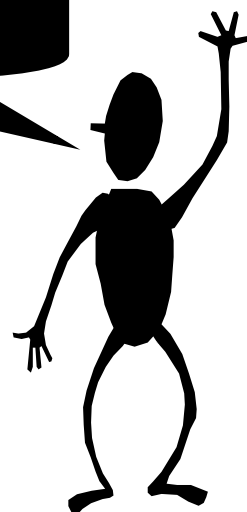
Adult Care Service helps people in Hertfordshire who have a disability, are elderly or who need help to live in the community.

There are 4 specialist teams in each area who might be able to help you.

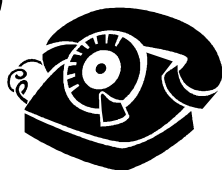
The Community Learning Disability Team (CLDT)

This team will work with you if you are 18 or over and have a learning disability. If you need help you can contact the CLDT team for the area where you live.

The CLDT Team will write to arrange to see you and may need to ask you and your parents/carers some questions, so that they know what sort of help you need.



To contact the CLDT Team in your area call one of the numbers below:



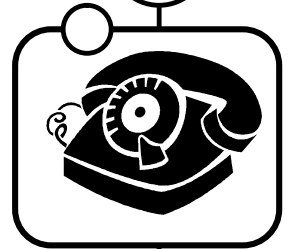
Broxbourne and East Herts	- 01438 843111
Dacorum	- 01442 454444
Hertsmere	- 01442 454242
North Herts and Stevenage	- 01438 843222
St Albans	- 01442 454300
Watford and Three Rivers	- 01442 454343
Welwyn and Hatfield	- 01438 843600

The Elderly and Physical Disability Team



This team will work with you if you are 18 or over and you have a physical disability.

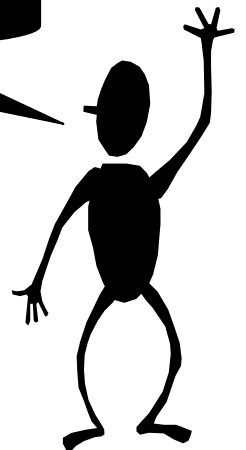
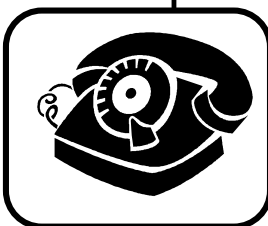
You can get help from them by telephoning **01438 737400** or **01923 471400**



The Sensory Impairment Team

This team will work with you if you are 18 or over and you have a difficulty hearing or seeing.

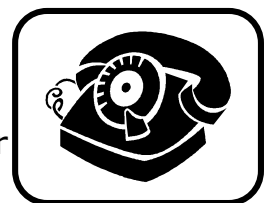
You can get help from them by telephoning **01438 737400** or **01923 471400**



The Mental Health Team

This team will work with you if you are 18 or over and you have mental health needs.

You can get help from them by telephoning **01438 737400** or **01923 471400**



What will happen if I contact a team?

If the team think they can help you they will put your name on a waiting list. They will provide help and support for you and your parents/carers. This may include:

- Assessing your needs
- Meeting with you
- Reading and writing reports
- Talking to people who know you

A decision will be taken about what help you need.



This help could be:

Communication

Benefits

Education

Mental Health

Physical Health

Employment

Leisure

Day Opportunities

Housing and respite care

Leaflet 1: Adult Care Services

The team will plan with you how they can help. They will see you on a regular basis. If you need to, you might be able to see:

Community Nurses

Art therapists

Physiotherapists

Social Workers

Psychiatrists

Dieticians

Psychologists

Occupational Therapists

Speech and Language Therapists



April 2008