

Transition and beyond - A guide for parents or carers of young people with a disability (part 4)

Health and relationships

Your health

Introduction

This leaflet is for young people in transition, their parents and carers. It aims to help them consider and learn about options that will improve or maintain their health.

Whatever our circumstances, there are things we can do to help us become healthier and to stay well.

Issues in this leaflet include:

- moving on from paediatric services to other health services;
- being responsible for your own health and wellbeing;
- health passports and health action plans;
- friendships and relationships;
- healthy intimate relationships;
- mental health services; and
- support organisations and helpful contacts.



From paediatrics to adult health services

A paediatrician is a specialist children's doctor. Many children with disabilities have consultant paediatricians who see them regularly throughout their childhood. A relationship between the young person, their family, the consultant and their team builds up over the years.

Subject to the young person's needs, the paediatrician may discharge them from their care or refer them on to another doctor at any time. When the young person is 18, they are no longer a child and the consultant will no longer be able to stay involved.

Health and medical support for over-18s is provided either through the general practitioner (GP) or specialist community teams.

The Specialist Health Care Team is part of the Richmond upon Thames service for people with learning disabilities and is a multi-disciplinary team. It comprises occupational therapists, physiotherapists, psychiatrists, a dietician, speech and language therapists, clinical psychologists and community nurses. Other community teams may have similar links with specialist health care professionals.

Ask your social worker, care manager, school nurse, health visitor or GP about who to contact regarding your health support in adulthood.



Accessing health support

Community services are available for all aspects of your health. As well as through specialist community teams, they can be accessed through the following routes.

School nurses and specialist health visitors (to age 18)

Each school has a relationship with a named health professional. They are a key contact throughout education for young people's health and wellbeing. They provide advice and support on issues such as body changes and puberty, personal safety, continence, alcohol and drug awareness, and healthy lifestyles. They also help young people to communicate their health needs through Health Action plans. Ask for information from your school.

Specialist dentistry for people with learning disabilities (all ages)

Contact Teddington Clinic. Phone: 020 8714 4210.

Equipment

The method of accessing equipment depends on the equipment needed. Speak to your social worker or GP for more information. If you do not have a social worker and are under 18, call the Initial Response Team on: 020 8891 7969. If you are 18 or over, contact Adult and Community Services on 020 8891 7971.

Services accessed via GP or specialist community team

These are psychology, dietary advice, occupational therapy, physiotherapy, podiatry and audiology.

Opticians

For eye tests, visit high street opticians.

Speech therapy

To access speech therapy, ask the school to make a referral, speak with your GP, social worker or care manager.

Friendships and relationships

It is a positive step for young people when they develop the skills and self-esteem to develop friendships and have the opportunities to maintain them. Throughout transition, they will have opportunities to say who is important in their life and plan for the future with those friends in mind.

As well as providing practical help and support, friends enhance our self-esteem and sense of well-being. They can contribute to our emotional stability and protect us from the effects of adverse life events such as loss and bereavement. Friends can support us to try new things, help us to stay active and learn. They are an essential part of becoming independent.

As young people grow up, they are likely to want more say over their personal relationships. They may make new friends from outside their usual circles. However, some young people may always need support in this area.

Promoting friendships and networks

Resources can be directed to support the development of networks as part of the support from Adult Services.

This could include creative ways and interesting solutions to help the young person to meet and engage with others for example through clubs, activities or supported work. Speak to your social worker or care manager about this.

Intimate relationships and sex

Close friendships can develop into a closer relationship with a boyfriend or girlfriend and lead to an intimate relationship.

Sex education is provided as part of the curriculum at school, but further information, advice and support can be gained from a variety of local and national sources. Some of these provide specialist services for young people with disabilities, while others provide guidance for everyone. See the end of this leaflet for contact details.

Although this information is freely available for some people, practical barriers can make accessing this information and entering into an intimate relationship difficult.

People with addictions, mental health problems and learning disabilities need to receive information in a way that they understand and that fits with their lifestyle. This information can help them reduce the risk of contracting disease or being a victim of abuse. Advice and contraception are available from family planning clinics.

Achieving a balance between having more freedom and safeguarding people is difficult, especially for parents. This is why support is also available for parents to raise their concerns and talk through the issues. Please see the contacts pages for details.

Some contacts are in this leaflet, but for a comprehensive list of clinics providing contraception (including the morning after pill) and further information, please see the Richmond and Twickenham Primary Care Trust website. Search for sexual health or type www.richmondandtwickenham.nhs.uk/healthy-living/sexual-health

Community Mental Health services

The Child and Adolescent Mental Health Service (CAMHS) in Richmond upon Thames is called the Child and Family Consultation Centre (CFCC) and is based at Richmond Royal Hospital in Kew Foot Road, Richmond TW9 2TE. Phone: 020 8772 5661.

They accept referrals in writing from any professional in the London Borough of Richmond upon Thames, providing the family lives in the borough and is registered with a GP within the borough.

The team at CFCC is a multi-disciplinary service made up of child and adolescent psychiatrists, child psychologists, systemic psychotherapists, child psychotherapists, a dramatherapist, a clinical nurse, a therapist, a visiting dietician, speech and language therapists and trainees.

They offer assessment and treatment of children and young people aged 0 to 18 years and their families. Some of the problems they deal with are: depression, anxiety, behavior problems, obsessive compulsive disorder, eating problems, autistic spectrum disorders or Asperger's Syndrome, Attention Deficit and Hyperactivity Disorder (ADHD), self-harm and early onset psychosis.

If the young person still requires input from mental health services at 18, they are referred to the Community Mental Health Service (CMHS) for support.

There is an eligibility criteria for the Adult Mental Health Service. More information about their eligibility can be found on www.richmond.gov.uk Look up 'Fair Access to Care Services' or FACS.

7. Counselling and information

Local services

Off the record: counselling and information for young people.

Drop-in available. Phone: 020 8744 1644.

Email: offtherecord@supanet.com

Three Wings Trust: offer a counselling and information service for young people. Phone: 020 8831 6172.

National services

Child Line: offer counsellors for young people. Phone: 0800 1111.

Contact a Family: can provide more information about support groups for parent or carers. Phone: 020 8640 5525.

Kidscape: an anti-bullying helpline for parents and carers.

Phone: 020 7730 3300 Fax: 020 7730 7081.

Open Door Counselling: for 11 to 25 year olds.

Phone: 020 8770 4388

Private therapy: There are a number of private therapists offering services.

To check if a therapist is registered with the professional body visit

www.bacp.co.uk Phone: 0870 443 5252.

Addiction Support and Care Agency: offers advice and counselling for people affected by drug or alcohol addiction. Phone: 020 8940 1160 or visit

www.addictionsupport.co.uk

Alcoholics Anonymous: offers support groups around the area. Phone the national helpline on 0844 477 9400 (10.00am to 10.00pm) to find your local group, or visit www.alcoholics-anonymous.org.uk

Bereavement counselling: CRUSE bereavement counselling. If you have been affected by a death, contact the national helpline. Phone: 0870 167 1677 or visit www.crusebereavementcare.org.uk

8. Therapeutic contacts

Therapies

Music:

The Otakar Kraus Music Trust provides music therapy. Whatever the disability, the brain is receptive to music. See www.okmtrust.co.uk for information.
Phone: 020 8894 2007.

Dramatherapy:

The British Association of Dramatherapists, Waverley, Battledown Approach, Cheltenham, Gloucestershire GL52 6RE. Phone: 01242 235 515.
Email: enquiries@badth.org.uk

Hydrotherapy:

Teddington Pool has a hydrotherapy pool that is open to the public. Hydrotherapy is a complementary treatment that can help with many diseases and injuries. You need to book a session in the hydrotherapy pool in advance. To book or for more information, contact Teddington Pool Fitness Centre.
Phone: 020 8977 9911.

Strathmore School Meadlands Drive, Petersham, Richmond TW10 7ED has a hydrotherapy pool which has limited availability for session hire. For availability, costs and conditions contact the school.
Phone: 020 8948 0047.

National contacts

Contacts and other information

Contact a family has produced a very useful booklet to support parents or carers of disabled young people, 'Growing Up, Sex and Relationships'.

www.cafamily.org.uk/GrowingUpParents.pdf

Hard copies are available free from Contact a Family.

Phone: 0808 808 3555.

Text phone: 0808 808 3556.

National contacts

Brook: family planning helpline: 0800 018 5023

(Monday to Friday 9.00am to 5.00pm) www.brook.org.uk

24 hour helpline: 020 7950 7700.

Frank: info about drugs: Phone: 0800 776600. www.talktofrank.com

NHS Direct: find out about health problems: Phone: 0845 4647.

www.nhsdirect.nhs.uk

Sex wise helpline: Phone: 0800 28 29 30. www.maketherightdecision.co.uk

Young minds: A parents information service on mental health.

Helpline: Phone: 0800 018 2138 (Monday and Friday 10.00am to 1.00pm,

Tuesday to Thursday 1.00 to 4.00pm) www.youngminds.org.uk

Family Planning Association: Information and advice on contraception, sexually transmitted disease and other sex related issues. Phone the helpline: 0845 123 9690 (Monday to Friday 9.00am to 6.00pm) www.fpa.org.uk



Helpful websites

www.starsinthesky.co.uk • Dating and friendship service for adults with learning difficulties.

www.askmencap.info • Information for families of, and people with, learning disabilities. Phone: 0808 808 1111.

www.phabengland.org.uk • A national charity dedicated to an integrated and inclusive society.

www.avert.org • Information about puberty, safe sex, STDs, and AIDS, as well as issues related to sexuality in teens.

www.kithandkids.org.uk • Promoting empowerment and social inclusion for, and with, families with members with a disability.

www.bullying.co.uk • Information about bullying.

www.drugscope.org.uk • Information on drugs.

www.coolnurse.com • Information for teens and young adults: mental health, sex and sexual health, friends and relationships.

www.crusebereavementcare.org.uk • Illness and bereavement information.
Phone: 0870 167 1677

www.kidshealth.org • Information on growing up.

www.movingonup.info • A website for young people with disabilities. Covers topics such as health and wellbeing.

www.outsiders.org.uk • Self-help group for people with social and physical disabilities who seek new friends and partners.
Phone: 020 7354 8291.

www.youngminds.org.uk • Mental health information.
Phone: 020 7336 8445.

What did you think of this leaflet?

Do you need more information?

Contact the Public Information Officer on

Phone: 020 8487 5093

Visit us online at www.richmond.gov.uk

Translation advice

If you have difficulty understanding this publication, please visit reception at the address below, where we can arrange a telephone interpreting service.

إذا كانت لديك صعوبة في فهم هذا المنشور، فنرجو زيارة الإستقبال في العنوان المعطى أدناه حيث بإمكاننا أن نرتب لخدمة ترجمة شفوية هاتفية.

Arabic

اگر در فهمیدن این نشریه مشکلی دارید لطفاً به میز پذیرش در آدرس قید شده در زیر مراجعه نمایید تا ترتیب ترجمه تلفنی برایتان فراهم آورده شود:

Farsi

ਜੇਕਰ ਤੁਹਾਨੂੰ ਇਸ ਪਰਚੇ ਨੂੰ ਸਮਝਣ ਵਿਚ ਮੁਸ਼ਕਲ ਪੇਸ਼ ਆਉਂਦੀ ਹੈ ਤਾਂ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਪਤੇ ਉੱਪਰ ਰਿਸੈਪਸ਼ਨ 'ਤੇ ਆਓ ਜਿੱਥੇ ਅਸੀਂ ਟੈਲੀਫੋਨ ਤੇ ਗੱਲਬਾਤ ਕਰਨ ਲਈ ਇੰਟਰਪ੍ਰਿਟਰ ਦਾ ਪ੍ਰਬੰਧ ਕਰ ਸਕਦੇ ਹਾਂ।

Punjabi

Please contact us if you need this publication in Braille, large print, on audio tape or in another language.
Phone 020 8891 7500 or Minicom 020 8891 7539

Produced December 2008