Speech and language therapy help for people with learning disabilities

This is an easy read version of the RCSLT learning disabilities information.

You may want to read this with a friend or family member.
What does a speech and language therapist do?

Speech and language therapists can help you with your communication.

Communication is telling people something and understanding what they tell you.

Having a learning disability means finding some things more difficult, such as:

- learning
- remembering
- understanding things.

People with learning disabilities may need some support with communication or eating and drinking.
Speech and language therapists can help you with:

- understanding what people say
- talking to people
- your relationships with people.

Speech and language therapists also help people to eat and drink safely.

Having a difficulty with how you eat, drink or swallow is called dysphagia.
Speech and language therapists can help you at any time in your life.

Speech and language therapists may work with people with learning difficulties in different places:

- At home
- At nursery
- At school or college
- At work
- In hospital.

Speech and language therapists also work with:

- Families and carers
- Support staff
Speech and language therapists also teach people like teachers, nurses and doctors about communication and safe eating and drinking.

Speech and language therapists help all public services to be accessible and inclusive.
Glossary

This list explains some of the hard words in this document.

The Royal College of Speech and Language Therapists (RCSLT) supports speech and language therapists to do a good job.

Speech and language therapists help people:

- with communication
- to eat and drink safely.

Being inclusive means everyone can take part.
Public services are education, healthcare, transport, and shops. Everyone can use them. For example:

- GP
- School
- Bus
- Hospital
- Dentist

Accessible means everybody can reach and use something.

People with learning disabilities can be children, young people, and adults.

Speech and language therapists help people of all ages.
Organisations that can help you

These organisations can help you, your family and friends. They can answer your questions. They can help you get support.

- All Wales People First
- Angelman UK
- British Academy of Childhood Disability
- British Institute of Learning Disabilities (BILD)
- Cerebra
- Challenging Behaviour Foundation
- Choice Support
- Communication Matters
- Contact
- Down's Syndrome Association
- Embracing Complexity
- INCLUDE
- Intensive Interaction Institute
- Learning Disability Wales
- The Makaton Charity
- Mencap
• National Network of Parent Carer Forums
• Non-Verbal Affective Care (NAC)
• Palliative care for people with Learning Disabilities
• People First
• People First (Scotland)
• Promoting a more inclusive society (PAMIS)
• Rett UK
• Scottish Commission for People with Learning Disabilities
• Self Advocacy Groups
• Signalong
• Support for offenders with learning disability and/or autism in the criminal justice system (SOLDA)
• Syndrome without a name (SWAN)
• Talking Mats