



## **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](#)