



Registered Charity no. 1085491

Local offices:

01992 586969 – Hertford
01442 253344 – Hemel Hempstead
01462 456660 – Hitchin

contact@carersinherts.org.uk
www.carersinherts.org.uk

Factsheet LD 1 Internet Information on Learning Disability

There are many resources available on the internet giving detailed information on issues that may be of concern to a carer of an adult with learning disabilities. Rather than trying to reproduce this information, this is a summary of some of the more useful websites that are a good place to start any research on specific subjects. If you do not have access to the internet, or if you would prefer us to print off the information for you, please contact *Carers in Hertfordshire*, and we will be very pleased to help.

USEFUL INFORMATION for ALL CARERS

These websites that are not learning disability specific, but have much useful general information for carers.

- ▶ www.carersuk.org **Carers UK**
- ▶ www.carers.org **Princess Royal Trust for Carers**

INFORMATION for CARERS of PEOPLE with LEARNING DISABILITIES

- ▶ www.familycarers.org.uk **National Family Carers Network**
with various resources and a register of useful contacts
- ▶ www.learningdisabilities.org.uk

Foundation for people with Learning Disabilities has factsheets on:

Basics * Rights and Values * Supporting Independence *
Education and Employment * Syndromes and Associated Conditions * People (35
factsheets in total)

- ▶ www.mencap.org.uk **Royal Mencap Society**
with lots of very useful information including a list of useful websites categorised by
subject and a national helpline number
- ▶ www.bild.org.uk **British Institute of Learning Disability**

frequently asked questions with answers, publications, other resources, links to useful
sites and a variety of factsheets, including:

Advocacy * Communication * Direct payments * Human Rights Act * Intensive
interaction * Learning disability * Partnership boards *
Person centred planning * Physical interventions * Quality

INFORMATION ON HOUSING and CRIME and LEARNING DISABILITY

- ▶ www.housingoptions.org.uk **Housing Options**

Factsheets on all aspects of living accommodation and wills/trusts

- ▶ www.voiceuk.org.uk **Voice UK**

National charity supporting people with learning disabilities who have experienced crime or abuse. Also support their families, carers and professional workers. Useful publications and links

INFORMATION on TRANSITION from CHILD to ADULT

- ▶ www.scie.org.uk/publications/tra/resources/index.asp
Social Care Institute for Excellence

Information on transition and relationships for young people with learning disabilities. Publications and useful contact addresses.

INFORMATION on SPECIFIC SYNDROMES

- ▶ www.cafamily.org.uk **Contact a Family**
has a comprehensive register of the rarer conditions that may be diagnosed

- ▶ www.nas.org.uk **National Autistic Society**

- ▶ www.downs-syndrome.org.uk **Downs Syndrome Association**

- ▶ www.aspergerfoundation.org.uk **Aspergers Syndrome Society**

- ▶ www.fragilex.org.uk **FragileX Society**

- ▶ www.angelmanuk.org **Angelman Syndrome**

- ▶ www.adhdalliance.org.uk **ADHD**
Attention Deficit Hyperactivity Disorder