



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board

CYPF
Children, Young People
& Family Health Services



PPIT
Gwasanaethau Plant, Pobl
Ifanc ac Iechyd Teuluol

CALDS



GADPG

Child and Adolescent
Learning Disability Service

Gwasanaeth Anabledd
Dysgu Plant a'r Glasoed

We are a multi-disciplinary health team who work together with Health, Education, Social Care and the third sector to support children and young people with a Learning Disability.

We support families of children with a Learning Disability who have emotional, behavioural or developmental needs.

We work with children who need additional support in areas such as understanding their behaviour, skills development (eg. toileting, sleep), helping reduce distress and understanding their regulation, and accessing healthcare etc

We work using a Positive Behaviour Support (PBS) Framework.

What is a Learning Disability?

A Learning Disability affects the way a child learns and develops skills.

A child with a Learning Disability usually needs extra support to learn how to do things. And if they learn how to do something in one environment, they may struggle to switch those skills to another, such as between home and school. So it's common to hear school say a child can do something that they don't at home.

A child with a Learning Disability will usually need help in managing new situations as this won't be something they've practised before.



Will my child 'catch-up'?

You were likely told that your child had developmental delay when they were little. Sometimes, children are able to develop and 'catch-up' with other children their age but in most cases, global developmental delay or Learning Disability is lifelong.



However, children with a Learning Disability can learn skills with extra support and live a happy and valued life. Lots of people with a Learning Disability go to college, have a job and have meaningful friendships and relationships.

Why does my Child have a Learning Disability?

It is not always clear why a child has a Learning Disability but there are some known reasons.

They may have a genetic syndrome. The most well known one is Down's Syndrome but there are thousands of different other types of genetic conditions - most don't even have names yet.

A child may have experienced a traumatic or premature birth which affected their brain development. An example of this is Cerebral Palsy.

Less commonly, they may have been exposed to a substance or not received enough sustenance when developing in the womb. An example of this is Fetal Alcohol Syndrome.

Most children are born with a Learning Disability but occasionally it's acquired later and they may have experienced damage to their brain in early childhood, for example from meningitis or measles.



Development

We might assess your child to find out their developmental level. This helps us understand what skills we can expect them to learn.

Sleep

We work with you to understand your child's sleep pattern and give advice on how to improve their sleep

Regulation

Children with a Learning Disability often need extra help in regulating their energy, senses and emotions. We might assess your child's needs and offer suggestions on what might help them feel regulated and engaged.

Distress

Many children with a Learning Disability cannot tell us what is upsetting them and can become very distressed. We try and figure out how to help them feel calm

Behaviour

There is always a reason for behaviour. We try and understand why a child is doing this behaviour.

Skills Development

Behaviour is often a way of getting a need met. We may give advice on how to teach children different skills to get what they need.

What we do

Health Liaison

We will make a plan with you to try and support your child to access healthcare eg. blood tests or hospital appointments

Toileting

We work with you to understand your child's toileting abilities and give advice on supporting them to toilet train

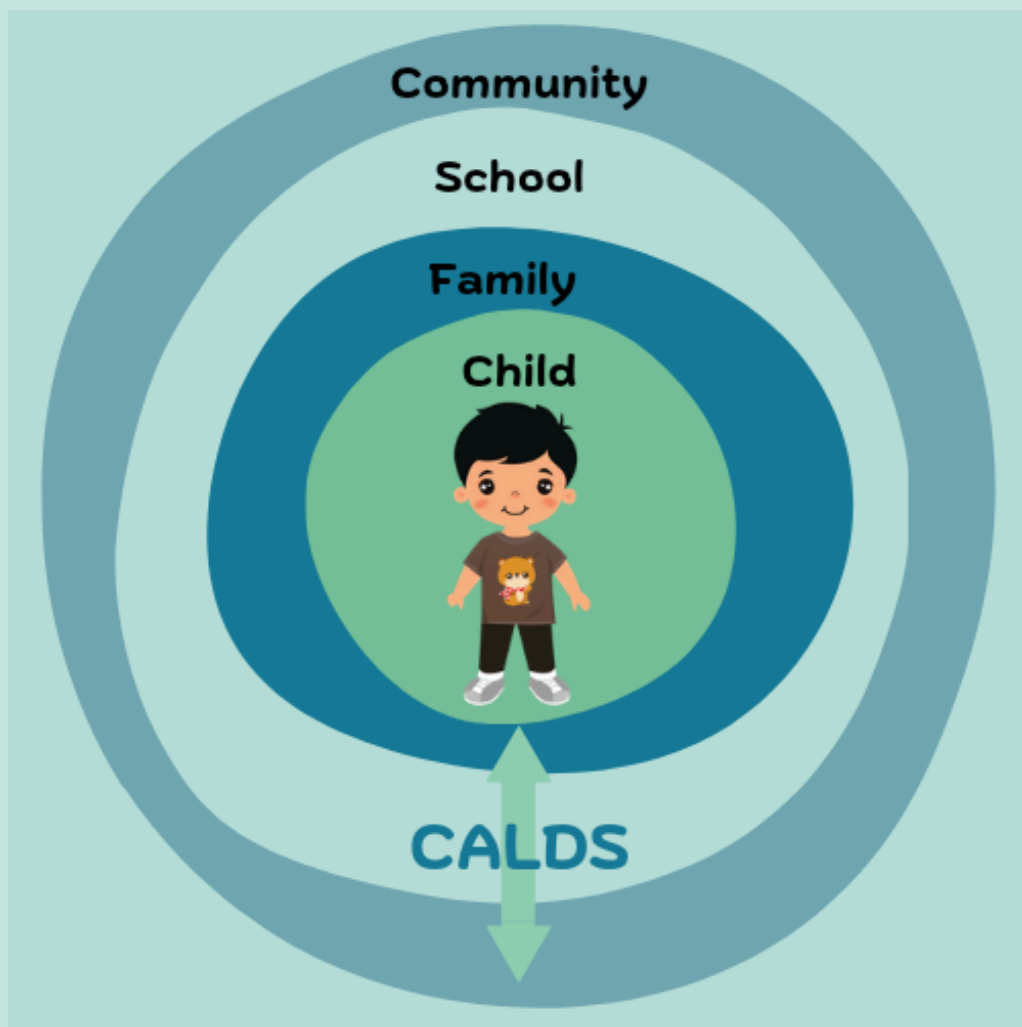
Occupations

We look at how a child is spending their time, what activities, structure and routine they need, want or have to do to enhance their emotional and physical wellbeing

Your Wellbeing

We recognise that parenting a child with a Learning Disability can be full of unique joys and also unique challenges. We can support you to think about your own wellbeing.

We Work with your Child's Village



We work with the people who support your child and young person. This includes yourselves, Health, Social Services, Support Agencies and School.

We become involved for a period of time to assess what your child needs and to develop a plan with you – as the person/people who know your child best. This plan might involve changes to make in your child's environment, guidance on how to communicate things with your child or how to structure their time. We will provide advice on how to make these changes.

Who is in the team?

Clinical Psychologists and Graduate Mental Health Workers who support with emotional wellbeing, understanding development and behaviours of concern.



Learning Disability Nurses who support with health interventions, behaviour, toileting and sleep

PBS Practitioner who supports with understanding behaviours of concern and positive behaviour approaches



Consultant Child Psychiatrist who supports with emotional wellbeing and mental health

Occupational Therapist who supports with regulation and occupation



Behaviours of Concern

Behaviours of concern are seen commonly in children with a Learning Disability. This is often their main way of communicating their needs. Behaviour might include things like hurting other people or themselves. It impacts their quality of life as it can restrict what they can do and where they can go safely. It also impacts on the wellbeing of those around them!

It is important to remember that all behaviour occurs for a reason, It is usually the most effective way a child has to get their needs met.

'I hit you when I want access to my ipad, you give me my ipad'

'I expose my genitals in a supermarket, you quickly allow me to leave'

'I smear my poo everywhere, we have nice immediate one to one time whilst you clean me up'

'Hitting myself on my face makes my tooth pain go away for a bit'

What is PBS? (Positive Behaviour Support)



Positive Behaviour Support, or PBS, is a person centred framework which can support people with a range of different needs to live a life that is meaningful and of value to them. At the heart of PBS is the understanding that all behaviour has meaning.

When a child is engaging in behaviours of concern, they are communicating in the most effective way they have that something is not right for them.

Finding out more on PBS



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The Once for Wales Family Positive Behaviour Support resource is designed to upskill and empower families across Wales. Families are the experts on their love ones and they are key partners in their care and support. This resource is available for families who support individuals with a Learning Disability throughout the life span.

Search for 'Once for Wales PBS' for more information