



Physiotherapy Learning Disability Service

Information for Families and Carers
Physiotherapy Service



LEARNING DISABILITY PHYSIOTHERAPY SERVICE

We are a Physiotherapy Service working within the Adult Disability Learning Service, covering the Lanarkshire area.

We see people from 16 years of age onwards, including the transition phase of Paediatrics to Adult services.

We try to see individuals in the most appropriate place for them, this could be their own home, at school, in a day centre or leisure facility.

WHAT WE DO?

Our aim is to enable the person's life by maximising their potential and/or maintaining their posture.



We work as part of the Adult Learning Disability Service which includes other Allied Health Professionals, Nursing and Psychiatry. We also work closely with families, care providers, educational and leisure staff.

We will conduct a full physiotherapy assessment, and then agree a plan to suit the person's needs.

This may include:

- ❖ Therapy
- ❖ General advice
- ❖ Recommendation and request for additional equipment
- ❖ Postural Management advice



OUR PHYSIOTHERAPY SERVICE CAN HELP YOU WITH:

- ❖ Walking and Mobility Issues
- ❖ Liaison with Wheelchair Services (Westmarc)
- ❖ Recommendation of appropriate equipment
- ❖ Development of Postural/Respiratory Management Plans
- ❖ Implementation of programmes e.g. home exercises, rebound and pool
- ❖ Access to health promotion activities such as Circ8, and links with North and South Lanarkshire Leisure

WHERE ARE WE BASED?

Adult Learning Disability Service
Physiotherapy Service
Longdales Building
Kirklands Hospital
Fallside Road
Bothwell
G71 8BB
Telephone: 01698 752689

USEFUL INFORMATION

Westmarc Wheelchair Services - 0844 811 3001

www.acppld.org.uk
www.pamis.org.uk
www.careopinion.org.uk
www.nhslanarkshire.org.uk

ANY SUGGESTIONS?

If you have any suggestions or comments about our service, please tell your physiotherapist or write to:

Josephine Kelly

LD Physiotherapy Team Lead

Longdales Building

Kirklands Hospital

Fallside Road

Bothwell

G71 8BB

Telephone: 01698 752689

physio.info@lanarkshire.scot.nhs.uk

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