

BEDFORDSHIRE & LUTON

# The Learning Disability Physiotherapy Service



**We care  
We respect  
We are inclusive**

We promise to work together creatively to:  
learn 'what matters' to everyone, achieve a  
better quality of life and continuously  
improve our services.

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# Introduction

The Learning Disabilities Physiotherapy Service provides specialist assessment, treatment and management to adults with a learning disability whose needs cannot be successfully met by mainstream services even when reasonable adjustments have been made.

## Lead Roles

- 24hr postural management
- Management of mobility problems
- Rehabilitation from acute injuries or conditions
- Falls prevention and intervention
- Management of spasticity and hypertonia

## Supporting Roles

- Assessment and provision of mobility aids and other specialist equipment
- Transition of young people from paediatric to adult services
- Supporting appointments to other services such as Orthotics and wheelchair services
- The physiotherapy team are able to show the carers of the person with a learning disability how to support them to complete their Physio programme. They will give training and education to make sure the carer can complete the programme safely and effectively.



## Aims of Physiotherapy

- To promote independent living
- To enable someone to continue with an active lifestyle
- To support families, carers and other professionals
- To promote specialist advice, treatment and management programme that a person with a learning disability can understand
- To build a positive rapport with them

## We are able to see you

- On your own, with your carers or with your family
- We can see you at your daycentre, college or your home

**The team accepts referrals directly from the person with a learning disability, their carers and other healthcare professionals.**

When we receive your referral a member of the team will contact you to get more information and to arrange an appointment.

Once the reason for the referral has been dealt with the referral will be closed. If further physiotherapy is needed in the future a new referral can be made.





## How to Refer

To refer or ask for advice. Please ring 01234 310589 and speak to the receptionists at Twinwoods Health Resource Centre.

They will be able to take your details and pass a message onto the Physiotherapy team who will then contact you.

Referrals can alternatively be sent by email to [tr.spldreferrals@nhs.net](mailto:tr.spldreferrals@nhs.net) or Posted to The Receptionist, Clinical Resource Centre, Twinwoods Health Resource Centre, Milton road, Clapham, Bedfordshire MK41 6AT

## We value your views on our service

If you wish to comment on the care which you, your relative or friend has received, we will be pleased to hear from you.

## Patient Advice and Liaison Service

If you have any concerns or need advice about accessing NHS services, you can speak in confidence to the patient advice and liaison team on 01234 795814 or you can email [pals@bedfordhospital.nhs.uk](mailto:pals@bedfordhospital.nhs.uk)



## Contact us

Specialist Services for People with a Learning Disability -  
(Bedfordshire and Luton)  
Clinical Resource Centre  
Milton Road  
Clapham  
Bedfordshire  
MK41 6AT

Tel: 01234 310589

Email: [Elt-tr.spldreferrals@nhs.net](mailto:Elt-tr.spldreferrals@nhs.net)

Web: [elft.nhs.uk/services/specialist-services-people-learning-disability-bedfordshire-and-luton](http://elft.nhs.uk/services/specialist-services-people-learning-disability-bedfordshire-and-luton)



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