Renfrewshire Learning Disabilities Service (RLDS)

Renfrewshire Learning Disabilities Service (RLDS) is Renfrewshire’s integrated health and social work service which provides community-based supports for adults with learning disabilities. RLDS provides a single point of access to a comprehensive range of health and social work services for people in Renfrewshire who have a learning disability.

Accessing the Service

Referrals to RLDS should be via Renfrewshire Social Work’s Adult Services Referral Team (AseRT). Contact details are:

Email: adultservicesreferral.sw@renfrewshire.gcsx.gov.uk
Phone: 0300 300 1199
Fax: 0141 886 3460
Text / SMS: 07958 010325

Alternatively, referrals to RLDS can be made by a GP or another health or social care professional.

On receipt of the referral, RLDS will carefully assess health needs and decide where and how best to support that individual.

A key objective of the services and supports provided by RLDS is to assist people who have a learning disability to achieve their aspirations and potential, and to enable them to live as fulfilled and valued lives as possible. We aim to achieve this in the following ways:

- Increasing the integration of people with learning disabilities into our communities, and helping them to access the range of opportunities available including social and leisure activities, education and employment
- Using the synergy of the range of professionals in the service to create better outcomes for people with learning disabilities and their carers.
- Working in partnership with independent sector care providers, using RLDS’ knowledge, experience and expertise to support our clients more appropriately.
- Developing particular initiatives to improve the health of people with learning disabilities through, for example, our comprehensive, systematic health checks service.
- Giving a more effective voice to service users and carers.

The service aims to make sure that adults who have a learning disability have access to the full range of resources including:

- Assessment
- Treatment
- Care management
- Day services
- Employment and training
- Further education
- Respite
- Autism
- Residential care
- Supported living
- Advocacy.
**RLDS Locality Teams**

RLDS has two locality teams, one covering the Johnstone/Renfrew areas, the other the Paisley area. Both locality teams contain a full range of professional staff required to support people with learning disabilities. This includes:

- Community Nursing
- Dietetics
- Occupational Therapy
- Physiotherapy
- Psychiatry
- Psychology
- Social work
- Speech and Language Therapy.

The two RLDS locality teams operate from one single base at Renfrew Health and Social Work Centre. Renfrewshire’s Children with Disabilities Team is collocated with RLDS locality teams in recognition of the need to have in place effective transitions arrangements for children progressing into adult services.

**Contact Information**

Both the Paisley and Renfrew/Johnstone RLDS Locality Teams are based at:

Renfrew Health and Social Work Centre  
10 Ferry Road  
Renfrew  
PA4 8RU  
Tel: 0141 207 7800

**Improving Health Outcomes**

Over the years, considerable advances have been made in the understanding of particular health conditions and needs of people with learning disabilities. This has contributed to significant improvements in the overall health of people with learning disabilities and to greater life expectancy. RLDS health staff have developed expertise and best practice in a number of areas including:

- Comprehensive health checks
- Epilepsy
- Autism
- Psychological therapies
- Bowel Screening
- Dementia.

In addition, the joined up approach of a combined health and social work service provides the opportunity to encourage healthier lifestyles. This can be best achieved through person-centred planning in a way that reflects the needs of the individual and the kinds of outcomes they desire. Such an approach has led to changes in the way RLDS designs and delivers services, and is evident in the creation of two new day services that are collocated within leisure centres at Paisley and Linwood. The activity programmes in place use the sports and exercise facilities available, but also provide basic person care, encouragement of social skills, and support with social development.
**Supported Accommodation**

In 2012, a total of 451 people with learning disabilities were living in various forms of supported accommodation in Renfrewshire, ranging from residential care and intensive support services to mainstream housing and supported tenancies requiring relatively low levels of staff input. This network of community-based resources is essential to the overall goal of facilitating the integration of people with learning disabilities into our communities, maximising independence, and avoiding long-term admission to hospital or institutionalised care.

Demand for such services remains high. The age profile of carers is increasing, indicating the need to develop a range of supported accommodation alternatives when carers are no longer able to continue in their caring role.

Alongside supported accommodation, RLDS recognises the need to support family carers to look after their sons or daughters, and to provide them with resources and assistance to help them continue in their caring role where possible.

**Respite Services**

Respite provides a much needed short break from their usual routines for carers of individuals with learning disabilities. Respite services for people with learning disabilities are provided on the basis of an individual assessment of need carried out by a social work or health professional.

RLDS provides or arranges respite services in a variety of ways - respite episodes can last between a few hours and two weeks at a time. Respite is a service which is highly valued by carers. Early intervention and regular breaks help to keep families together and sustain carers in their long term caring role. Without this type of care, many people would be at risk, their quality of life would be poorer and they may require admission to permanent care.

*Weaver’s Linn* is a 10 place purpose-built residential respite centre which is part of RLDS. Care Inspectorate reports reflect the high quality of its provision, and feedback from service users and carers demonstrate its importance to them. *Riverview* is an adult residential respite resource provided by Quarriers which is very regularly used by RLDS. We aim to provide respite locally where possible, and indeed most residential respite has been based within or very close to Renfrewshire:

RLDS also supports carers with a range of non-residential supports such as *day services* and *Flexicare*, and we are continuing to work with carers and service users to look at other ways we can support them through short breaks.

**RLDS Day Services**

Day Services provided by RLDS include:

- Day Opportunities: East and West
- Anchor Centre
- Flexicare
- Intensive Support Service
- Community Networks.
These are explained in more detail below:

- **Day Opportunities: East and West**

This service provides a local community hub for people who have learning disabilities and who live in Renfrewshire. The service helps people to develop skills, abilities and confidence. There is a wide variety of activities including:

- Art
- Aromatherapy
- Computing
- Cooking
- Drama
- Keep fit
- Music
- Photography
- Relaxation
- Sport
- Swimming.

The centres aim to promote the skills of adults with learning disabilities and help service users to have the most control possible over their lives.

Services are based within the Lagoon (Paisley) and ON-X (Linwood) Leisure Centres and is within easy reach of local bus routes.

You are welcome to visit the service. If you are interested in becoming involved you must contact your local social work team to have a community care assessment. If it is felt that the centre could meet some of your needs, a place can be arranged for you.

- **Anchor Centre**

The Anchor Centre is a day service which caters for adults with profound and complex learning disabilities. It provides a service for 53 people on a daily basis.

The Anchor has excellent facilities which include:

- 6 Units consisting of main area, kitchen, sensory room, activity room and bathrooms
- Hydrotherapy pool
- Soft Play
- Sensory room
- Main hall
- Meeting rooms.

The centre offers a wide range of activities that are designed to meet individual needs. Every individual has a care plan. Care plans are drawn up in consultation with parents, carers, staff, important people in their lives and the individual themselves.

People are supported to make responsible choices in their daily lives. A Total Communication approach is used, including pictures, objects of reference, body language, facial expressions and simple key words are used to help people make choices.

Each service user has an identified key worker who is the link person for all enquiries. The key worker has the responsibility for updating care plans, organising reviews, and ensuring that the programme of activities meets the individual needs.
Some of the activities on offer include:

- Drama
- Music
- Art
- Story Telling
- Wheelchair Dance
- Themed Days
- College Tutors.

The Anchor staff team are qualified and trained to deliver a high standard of service. However, being part of the Renfrewshire Council Learning Disability Service they are able to call on the expertise of other RLDS resources particularly Speech Therapists, Physiotherapists, Occupational Therapists, Social Workers and Psychologists, thus ensuring a multi disciplinary approach.

**Flexicare**

Flexicare provides a service young people and adults (14+) with learning disabilities and Autism living in Renfrewshire.

The project has a network of trained volunteers and sessional workers who can offer personalised support to enable people with a Learning Disability and/or Autism to participate fully in social, recreational and educational opportunities within their local community. Flexicare achieves this by actively promoting and supporting people with Learning Disabilities or Autism into every aspect of community living and also by:

- providing support to families caring for a son or daughter with a Learning Disability or Autism by offering a flexible range of services;
- making it easy for people with Learning Disabilities or Autism to get access to a range of social and leisure services; and
- Promoting awareness of Learning Disabilities and Autism.

**Flexicare Adult activity groups**

Weekly groups based at local schools or community centre providing a range of leisure activities and evenings out. These include:

- Paisley Activity Group
- Erskine Activity Group
- Linwood Activity Group
- Johnstone Activity Group
- Creative Arts
- Drama
- Clubbers
- Highlife.

**One to one befriending**

Flexicare befriending service links up people for affordable social and leisure activities such as swimming, bowling or going to the cinema.

**Going places**

Going Places brings together three or four people with similar interests who, with the support of a volunteer or worker, meet up every 2 weeks to enjoy social activities.
Volunteers
All of the services that Flexicare offer rely on a network of volunteers and sessional workers who are recruited, trained and supported by the Flexicare team. Volunteers of all ages and backgrounds are urgently required. Experience of working with people with a learning disability is not essential as training and support will be provided.

A regular newsletter gives an insight into Flexicare and its activities:

- **Community Networks**

  The community networks service supports community based day opportunities for adults with a mild to moderate learning disability. It is a flexible service which can offer support between 1 and 3 days per week. The aim of Community Networks is to enable service users to lead a full life and be as independent as possible. Support is provided in group settings with the aim of helping individuals maintain and develop their skills and social networks.

  Activities are based in the community and use community resource such as:

  - Walking Groups
  - Sports Groups
  - Voluntary Work.

  There are also groups that are more personalised to your needs such as:

  - Local Access Groups
  - Living Skills Groups
  - Conservation & Gardening Groups.

  The service aims to:

  - Emphasise an approach based on valuing people and meeting their needs; and
  - Promote a community where everyone is fully involved and included.

  If you are interested in becoming involved you should contact AsERT to request a community care assessment. If it is felt that the service could meet some of your needs, a place can be arranged for you.

  If you would like more information on Community Networks you can contact us by:

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    **phone:** 0141 618 5555

    **or write to us at:**
    Community Networks
    Spinners Gate,
    15 Maxwellton Road,
    Paisley PA1 2RH

- **Intensive Support Service**

  The Intensive Support Service (ISS) team at Spinners Gate offers a therapeutic environment to individuals with complex behaviour or a dual diagnosis i.e. Learning disability, plus one other diagnosis such as Autism.
We work within the framework of **SPELL** (Structure Positive Empathy Low arousal Links) and **TEACCH** (Treatment and Education of Autism and related Communication for Handicap Children). Our programme re designed around the basic principle of the Curriculum for Excellence.

The ISS offers individualised programmes for each young adult. These programmes are on a four weekly rota; this promotes structure while encouraging flexibility within routine.

The ISS use communication systems and aids such as Picture Exchange Communication System (**PECS**), Pictorial timetable and **Makaton**.

We also offer a therapeutic one to one intervention "directed floor-time". Here we use activities to improve attention and intimacy, promote two way interaction and communication. This is designed to encourage expression of feelings and ideas, and develop logical thought. The team views all activities as purposeful and use the service user's interests to build skills through imitation, expansion and responding in a way that will promote functional communication.

To experience a Day in the Life of an ISS worker follow this link:

**A Day in the Life of a Day Service Assistant in ISS**

Contact us:

Please contact us using the following methods:

**Phone:** 0141 618 5555

**Visit or write to us:**
ISS, Spinners Gate
15 Maxwellton Road
Paisley
PA1 2RH