

FACILITATED BY



A – Z of Terms

An Index of terms and Services for those with
Learning Disabilities

Every effort has been made to ensure that the information in this document is correct at the time of publication December 2016. However, we cannot guarantee this information will not be changed in the future

A-Z of Terms

A

- AA:** Attendance Allowance: A benefit for people who need help with personal care who are over 65 (provided that they do not receive PIP or DLA care component).
 Web Address: www.gov.uk/attendance-allowance
- ABUSE:** Abuse can happen to anyone. If the person being abused is a vulnerable adult (including a carer (see above for who is a carer) or a child, then a safeguarding process will need to be considered by social care. Abuse can include:
- Physical abuse
 - Domestic violence or abuse
 - Sexual abuse
 - Psychological or emotional abuse
 - Financial or material abuse
 - Modern slavery
 - Discriminatory abuse
 - Organisational or institutional abuse
 - Neglect or acts of omission
 - Self-neglect
- For more information about what is classed as abuse, visit:
 Web Address:
<http://www.scie.org.uk/publications/atagance/69-adults-safeguarding-types-and-indicators-of-abuse.asp>
- ADD** Attention Deficit Disorder
- ADHD:** Attention Deficit Hyper-Activity Disorder: is a group of behavioural symptoms that include inattentiveness, hyperactivity and impulsiveness.
- ADVOCATE/ ADVOCACY:** Advocates provide independent support to enable you to have your voice heard. They support you to have access to information and support you to have your legal rights recognised
- ANGELMAN SYNDROME** A neurological disorder that causes severe learning difficulties
- AUTISM** Includes Asperger Syndrome, ASD (Autistic Spectrum Disorder) is a lifelong, developmental disability that affects how a person communicates with and relates to other people and how they experience the world around them. People who have autism sometimes have additional needs such as learning disabilities or mental well-being needs. For first contact details visit: we have given the National Autistic Society website: www.autism.org.uk/

A-Z of Terms (*Continued*)

B

Benefits: DWP Carers and Disability Benefits A-Z. Refers to a collection of payments that you may be entitled to due to age, disability, caring, unemployed or low-income. Visit the DWP Website at:
<https://www.gov.uk/browse/benefits/disability>

C

CAMHS:	Child and Adolescent Mental Health Services.
CARE ACT 2014:	The law under which care provided to support adults with needs including carers is determined. It states the process that must be followed to reach a decision. Factsheets can be obtained from: www.gov.uk/government/publications/care-act-2014-part-1-factsheets
CARE PLAN/ SUPPORT PLAN	A written plan of care and support covering a period of time.
CARER:	If you look after your partner, or a relative or friend who is ill or disabled, you are a carer, even if you don't think of yourself that way. A carer may receive carers allowance but otherwise they are unpaid for the care and support they give.
CARE WORKER/ CARE ASSISTANT/ (P.A.) PERSONAL ASSISTANT:	A person paid to provide support. They are often called 'carers' but they are actually paid workers unlike a carer who is unpaid (except for maybe receiving Carers Allowance)
CARERS ALLOWANCE	A person must be providing care for at least 35 hours a week to qualify for this benefit. If they do paid work the amount they are allowed to earn will be affected if they claim this benefit. The person they care for must be claiming a specific cared for allowance, i.e. DLA, PIP or AA. It can affect other benefits. More information can be found on the Carers Allowance website: www.gov.uk/carers-allowance/overview
CARERS RIGHTS GUIDE	The Carers Rights Guide outlines your rights as a carer, and gives you the full picture of the practical and financial support available. View the Guide at: www.carersuk.org/help-and-advice/get-resources/carers-rights-guide
CBT:	Cognitive Behaviour Therapy – 'talking treatment' to overcome upsetting and unhelpful ways of thinking and behaviour
CCG:	Clinical commissioning group to organise the delivery of NHS services in England. Locally there are three, Leicester City CCG, East Leicestershire which includes Rutland and West Leicestershire.
CEREBRAL PALSY	Cerebral Palsy is the general term for a number of neurological conditions that affect movement and co-ordination

A-Z of Terms (Continued)

C (Continued)

- CHC:** Continuing Health Care NHS Continuing Health Care is the name given to a package of care that is arranged and funded solely by the NHS for individuals who are not in hospital and have been assessed as having a “primary health need”.
- CMHT:** Community Mental Health Team - providing mental health support to adults in the community, referrals are usually made by a GP.
- COP** Court of Protection. Makes decisions on financial or welfare matters for people who can't make decisions at the time they need to be made (they 'lack mental capacity'). More information can be found on the Court of Protection website at: www.gov.uk/courts-tribunals/court-of-protection
- CPA:** Care Programme Approach – was introduced in 1991 and is intended to be the basis for the care of people with mental health needs outside hospital. It applies to all people with serious mental health problems, as determined by Mental Health professionals, who are accepted as clients of specialist mental health services. More information can be found on the website: www.nhs.uk/Conditions/social-care-and-support-guide/Pages/care-programme-approach.aspx
- CQC:** Care Quality Commission: Monitors, inspects and regulates Health and Social Care Services.
More information can be found on the website: <http://www.nhs.uk/Conditions/social-care-and-support-guide/Pages/care-programme-approach.aspx>

D

DLA:	<p>Disability Living Allowance - a tax-free benefit for disabled people who need help with mobility or care costs. More information can be found on the website:</p> <p>www.gov.uk/dla-disability-living-allowance-benefit</p>
DoLs	<p>Deprivation of Liberties – The Deprivation of Liberty Safeguards (DoLs) are part of the Mental Capacity Act 2005. They aim to make sure that people in care homes, hospitals and supported living are looked after in a way that does not inappropriately restrict their freedom.</p> <p>More information can be found on the website:</p> <p>www.gov.uk/government/statistics/deprivation-of-liberty-safeguards-dols-july-to-september-2015</p>
DOMICILIARY CARE	<p>Care provided to support you to remain in your own home. An example might be helping you with personal care to wash</p>
DOWN'S SYNDROME	<p>A genetic condition that typically causes some level of learning disability and characteristic physical features</p>
DP:	<p>Paying for your own care and support services with money received directly from your local council. The amount you receive is determined by your needs assessment. The support you need and what you can use your direct payment for is decided in your care/support plan. A carer or a person who has care needs may be entitled to a direct payment. How a direct payment is paid to you can vary, the most popular way with local authorities is currently through a pre-payment card approach. See Pre-payment card for more details.</p>
DWP:	<p>The Department for Work and Pensions (DWP) is responsible for welfare, pensions and child maintenance policy. It administers the State Pension and a range of working age, disability and ill health benefits.</p>
DUTY OF CARE:	<p>The Care Act 2014 sets out in one place, local authorities' duties in relation to assessing people's needs and their eligibility for publicly funded care and support. The following links may be of help.</p> <p>http://www.scie.org.uk/care-act-2014/assessment-and-eligibility/appropriate-proportionate/checklist-of-core-duties.asp</p> <p>http://www.scie.org.uk/care-act-2014/assessment-and-eligibility/fluctuating-needs/checklist.asp</p> <p>http://www.scie.org.uk/care-act-2014/assessment-and-eligibility/eligibility/checklist.asp</p> <p>http://www.scie.org.uk/care-act-2014/assessment-and-eligibility/supported-self-assessment/what-else-supports-self-assessment.asp</p> <p>http://www.scie.org.uk/care-act-2014/advocacy-services/commissioning-independent-advocacy/foreword.asp</p>

D (Continued)

DYSCALCULIA	Usually perceived as a specific learning difficulty for mathematics or, more appropriately, arithmetic. Developmental Dyscalculia often occurs in association with other developmental disorders such as Dyslexia or ADHD/ADD. More information can be found on the website: www.bdadyslexia.org.uk/dyslexic/dyscalculia
DYSLEXIA	A learning difficulty that affects the skills involved in accurate and fluent word reading and spelling. More information can be found on the website: www.bdadyslexia.org.uk/dyslexic
DYSPHASIA	An impaired ability to understand or use the spoken word
DYSPRAXIA	A complex neurological condition, which affects muscle co-ordination and perception. More information can be found on the website: www.dyspraxiauk.com/index.php

E

- EHCP:** Education Health Care Plan - These replace Statements of Special Educational Needs and outline education, health and care needs of a young person up to the age of 25 provided they are in education.
- EPILEPSY:** Epilepsy is a condition that affects the brain and causes repeated seizures. There are different types of epileptic seizures. More information can be found on the website: www.epilepsysociety.org.uk/seizure-types#.WAiLbvkrLIW
- ESA:** Employment Support Allowance - a benefit for people who cannot work or have a limited ability to work because of a disability or health condition. More information can be found on the website: www.gov.uk/employment-support-allowance/overview

F

FRAGILE X

Also known as Martin-Bell Syndrome, or Escalante's Syndrome, Fragile X syndrome is a more commonly identifiable cause of inherited intellectual disability and autism spectrum disorders. It stems from changes on the X chromosome in a specific gene that normally makes a protein necessary for brain development. More information can be found on the website:

www.cafamily.org.uk/medical-information/conditions/f/fragile-x-syndrome/

G**GATEKEEPING**

A term used to refer to actions designed to prevent individuals from entering social welfare systems, or to limit access to scarce resources

A-Z of Terms (*Continued*)

H

HOPITAL ADMISSIONS AND DISCHARGE

Please refer to the Useful Addresses (Hospital) section for further details

A-Z of Terms (*Continued*)

**INDEPENDENT
LIVING**

Being able to live in and access the local community, you can still receive support to help you live independently

**INDICATIVE
BUDGET**

An 'estimated budget' which is then used as a guide when developing a support plan. It is as a result of a needs assessment

A-Z of Terms (*Continued*)

J

JSA **Jobseekers Allowance** - a benefit paid whilst looking for work. More information can be found on the website: www.gov.uk/jobseekers-allowance/how-to-claim

K

L

- LA** Local Authority – City or County Council: Leicester, Leicestershire and Rutland
- LCPT** Leicestershire Advice Service for Social Care.
More information can be found on the website: www.lcp-trust.org.uk/
- LLS** Low Level Support
- LPT** Leicestershire Partnership NHS Trust – The local NHS service for learning disabilities, mental health and Autism. More information can be found on the website: www.leicspart.nhs.uk/_InvolvingYou-CarersSupport-CarersInformationPacks.aspx

A-Z of Terms *(Continued)*

M

MENTAL CAPACITY ASSESSMENT

Mental capacity means the ability to make decisions for oneself. In England and Wales mental capacity issues are covered by the Mental Capacity Act which came into force in 2007. If there is a need on a specific issue to see if someone has capacity to make a decision a mental capacity assessment is completed as described in the Mental Capacity Act. More information can be found on the website:

www.nhs.uk/Conditions/social-care-and-support-guide/Pages/mental-capacity.aspx

A-Z of Terms (*Continued*)

N

NATIONAL FAMILY CARER NETWORK

A registered charity that aims to promote the voice and rights of family carers supporting a person with a learning disability. Its membership comprises both organisations and individuals.

More information can be found on the website: www.familycarers.org.uk/

NOONAN SYNDROME A genetic condition that affects growth and an array of physical and health problems

O

- OPG** Office of the Public Guardian. More information can be found on the website:
www.gov.uk/government/organisations/office-of-the-public-guardian
- OT** Occupational Therapist - person working to develop skills and confidence in everyday life, such as work, social and leisure activities and personal care

P

PA	Personal Assistant - Someone employed directly by yourself to provide your care. You may use direct payments to pay for this care
PDA	Pathological Demand Avoidance – Actively resistant to ordinary demands, a person with PDA does everything on his/her own terms. Now considered to be part of the autism spectrum
PERSONAL BUDGET	A sum on money allocated to you as a result of an assessment of need by the local authority
PERSON-CENTRED CARE	A popular term for healthcare and social services which reflect the individual’s unique preferences, values and needs, identified and agreed upon in partnership with the physician. For people with learning disabilities, such care entails life planning based around the principles of social disability.
PERSONAL-ISATION	An individual being able to choose the care and support they would like to receive, looking at the individual rather than a group
PICA	People with the disorder Pica compulsively eat items that have no nutritional value
PIP	Personal Independence Payments – replacing DLA. Helps with some of the extra costs caused by long-term ill-health or a disability if you’re aged 16 to 64. More information can be found on the website: www.gov.uk/pip/overview
PMLD	Profound and multiple Learning Difficulties
PSYCHIA-TRIST	Medical doctors who have chosen to specialise in mental health and are usually the only members of the mental health team who can prescribe medication. They are Responsible for diagnosis and advising a person’s GP about treatment
PSYCHOLO-GIST	Usually provide support and therapy through specific types of counselling such as CBT. They are not able to prescribe medication

A-Z of Terms (*Continued*)**Q**

QAF **Quality Assurance Framework - Used by local authorities to monitor and quality checks provider services**

A-Z of Terms (*Continued*)**R**

RAS **Resource Allocation System - the method that local authorities use when deciding how much funding each person should receive for their social care**

A-Z of Terms (Continued)

S

SALT/ SLT	Speech and Language Therapist – Speech and Language therapy provides help for children and adults who have difficulties with communication, or with eating, drinking and swallowing
SEND	Special Educational Needs and Disabilities. More information can be found on the website: www.leicestershire.gov.uk/search/site/send
SHORT BREAKS	(or flexible (Respite) Care) - support provided to allow the carer to have a break from caring responsibilities. This may be for a few hours or overnight, depending on circumstances
SLD	Severe Learning Disabilities
SOCIAL WORKER	A professional person who works with individuals and families to help them improve their lives by making sure the right care and support is in place. They can protect children and adults from harm or abuse
SPOC	Single Point of Contact – the first point of contact in both health and social care
STIMMING	Movements and sounds that some autistic people may make to help them feel calmer, for example: hand flapping
SUPPORTED LIVING	Choosing where you live, and how you would like your needs to be supported. You can get support with personal care, shopping and budgeting, getting out and about and staying healthy

A-Z of Terms (*Continued*)

T

- THIRD SECTOR** The full range of non-public, not-for-profit organisations that are non-public, not-for-profit organisations that are non-governmental and ‘value-driven’; that is, motivated by the desire to further social, environmental or cultural objectives rather than to make a profit
- TRANSITION** A term used to describe the time when young people aged 14 -19 who may meet the social care criteria for social care, moves from childhood into adulthood. They may transfer from children’s social care to adult services or have an assessment upon leaving school to look at their support needs.
More information can be found on the website:
www.leicestershire.gov.uk/education-and-children/special-educational-needs-and-disability/preparing-for-adulthood/further-education-for-special-educational-needs-and-disabilities/courses-for-young-people-with-profound-learning-disabilities
- TLP** TLP – The Transitions Learning Programme is for young people who can’t be taught on one of the Further Education College courses for young people with Learning Disabilities – Leicestershire County Council
- TOURETTE’S** Tourette Syndrome is an inherited, neurological condition, the key features of which are tics, involuntary and uncontrollable sounds and movements. TS is a complex condition and covers a wide spectrum of symptoms.
- TURNER SYNDROME**
- Turner syndrome is a genetic disorder that affects about 1 in every 2,000 baby girls and only affects females

A-Z of Terms (*Continued*)**V****VOLUNTARY
AND
COMMUNITY
SECTOR****An umbrella term referring to registered charities as well as non-charitable, not-for-profit organisations, associations, self-help groups and community groups, for public or community benefit****W****X**

A-Z of Terms (*Continued*)

Y

YOUNG PEOPLE'S SERVICES

YOUNG CARERS – Support if you are under 19 years of age. More information can be found on the website:

www.leicestershire.gov.uk/adult-social-care-and-health/information-for-carers/help-for-young-carers/get-help-if-youre-a-young-carer

YOUNG OFFENDERS WITH SPECIAL EDUCATIONAL NEEDS AND DISABILITIES (COUNTY)

More information can be found on the website:

www.leicestershire.gov.uk/education-and-children/special-educational-needs-and-disability/information-for-schools-and-professionals/young-offenders-with-special-educational-needs-and-disabilities

Z