

Learning disabilities

A Jewish Care Interact Guide

Learning disabilities

Learning disabilities used to be thought of as something you had as a child and then grew out of. If you're an adult living with a learning disability, then you'll know that this is just not so. Learning disabilities are with you for your entire life, and here at Jewish Care Interact, we've got plenty of simple and practical ways to help you get on with living a happy and fulfilled life.

The challenges of understanding, learning and remembering new things are only part of having a learning disability.

Learning disabilities have an impact on all aspects of daily living. You may find that communication and maintaining relationships with friends, family and colleagues require hard work. You may also find that you struggle with awareness of risks or managing everyday tasks.

Although a learning disability cannot be cured, with the right structures, systems and support, you will be able to get the most out of life.

Learning disabilities: at home

Your home is your refuge and it is important that you feel safe, secure and relaxed at home.

Keep it simple

If you find that you are overstimulated by too much stuff, then make sure that your home environment is uncluttered, neat and tidy. Neutral colours and simple clean lines can really help.

Choose a small number of soft furnishings and make sure you have plenty of storage space so that you can put things away out of sight.

Getting and staying organised

If you find getting organised is a big challenge, you're not alone. For most people with learning disabilities, getting organised can seem like a very big mountain to climb.

The trick is to break tasks down into smaller steps and follow a systematic approach. By having structures and routines, you will find that getting organised isn't as hard as it seems. There are plenty of tools and aids to help—from printed calendars and daily planners to reminder apps on your mobile phone.

Organising rooms

To organise rooms in your home, begin by deciding:

- what you need every day;
- what can be stored; and
- what you don't use and can be either thrown away or given to a good cause.

You can then create categories for all of your things. For instance, if you're organising your bedroom, you may want to organise your clothes by type, such as trousers, jumpers, socks, t-shirts, etc. Or you may prefer to categorise things by colour. We are all different, so you'll need to work out what's best

for you.

Ensure that there is a place for everything and have it stored or marked in a way so that you will remember where everything is when you need it. Some people use storage boxes. Others put labels on drawers or cupboards.

Make sure you have specific areas for things that you use every day, such as your keys and your wallet. You should also make sure you have specific places to put things you may not need on a daily basis but need to attend to on a timely basis (such as bills or the renewal of your car insurance).

It may be helpful to make a list of all of the things you might misplace and make sure you have specific, safe and memorable places to store them.

Organising yourself

If you want to get yourself organised, start with:

- a notepad;
- a pen; and
- a pack of Post-it notes.

You can begin by getting into the habit of:

- taking notes of detailed information;
- writing to-do lists, shopping lists and any other list that will help you remember; and
- using Post-it notes as visual cues and reminders.

Keeping to a routine

In order for you to stay organised, it is important to stick to a routine.

Giving structure to your day and doing things at the same time each day or in the same order can be very helpful. If you get up at 7 am, brush your teeth, have a shower and then have your coffee and you do this in the same order every day, then you don't have to worry about whether or not you get these things done every day. It will just become a habit.

On a weekly basis, set specific days and times to do certain tasks. For example, you can do laundry on a Thursday evening, pay bills on a Sunday morning or do food shopping on a Sunday afternoon.

It's important to make sure you write everything down, especially when you first start getting organised. You can use a calendar or day planner.

Not only will this help you with keeping to your routine, it will also help you remember appointments and deadlines. With electronic calendars, you can also set up automatic reminders.

Making use of lists and notes can be incredibly helpful if you find it difficult to remember things. Alongside the use of a calendar or a day planner, lists and notes can provide the details. They will help

you to keep track of what is required in order to complete specific tasks or projects, to support you in meeting deadlines, and to ensure you have everything you need in advance of appointments or meetings.

If you decide to use a calendar or daily planner, keep all lists and notes inside it.

If you can, do it now

It may seem easier to put things off until later, but sometimes later never comes and things just don't get done.

Tasks that you can do in a few minutes or less should be done straight away and not put off until later. For example:

- filing paperwork;
- returning phone calls;
- putting your clothes away; and
- cleaning up messes.

Stay on top of your paperwork

If you have endless piles of papers, bills, credit card statements and such strewn across your kitchen table, desk or on the floor, you'll need to take a bit of time to sort it out. Don't rush it. Give yourself a whole morning or afternoon to create a paperwork system that works for you.

Set up a filing system

Begin by working out the different types of documents you want to file. You can use large file folders with dividers or smaller separate folders for the different types of documents.

If you use colour coding and clear labelling, it will be a lot easier to find what you need when you need it.

It's good to get into the habit of dealing with mail on a daily basis. This can be both regular mail and electronic mail.

You may find it best to look at your mail as soon as you come home at the end of the day. It helps to have a set place where you can sort the mail out. You'll need to be decisive and choose whether you need to bin it, file it or act on it. Don't procrastinate.

If you're technically savvy, you may find it easier to go digital. Nowadays, many of the organisations that are sending you mail will also have electronic versions. Find the contact number on the paper versions and give them a call to find out if you can go paperless.

Managing your time

Many people with learning disabilities find it difficult to manage time. You may find that you:

- lose track of time;
- procrastinate;

- miss deadlines;
- underestimate how much time you need for certain tasks; or
- complete tasks in the wrong order.

If this sounds like you, you'll be glad to know that there are some simple ways to manage your time better.

Watch the clock

It may sound simple, but getting in the habit of watching the clock will help you keep track of time. You can use any type of clock or wristwatch, just make sure that it's easy to see at a glance and is highly visible.

When you start a task, make a note of the time by saying it out loud or writing it down. It's also really helpful to use alarms or timers. Decide in advance when you want to finish the task and set an alarm for that time.

If the task is long and you will need one or more breaks, try setting the alarm to go off at regular intervals. This will help keep you productive and aware of how much time is going by.

Give yourself plenty of time

If you can, give yourself more time than you think you need, especially if you find it difficult to estimate how long a task will take. For every 30 minutes of time you think a task will take, give yourself a cushion by adding 10 minutes.

Plan to get to places early

If you need to be at places on time, plan to get there early. It may seem like a silly trick to play on yourself, but it really does work.

Set up reminders on your computer, phone or in your diary for different stages of getting to the appointment, such as when you need to:

- start getting ready;
- get any documents together that you may need; and
- get your bag together, listing contents required (keys, travel card, wallet, etc).

It can also be helpful to set the time of appointments in your diary or calendar for 15 minutes earlier than they really are.

Setting priorities

If you find that you often act on impulse or your mind flits from one idea to another, getting things done can easily become overwhelming. There are a few simple things you can do to help clear the way for getting your priorities in order.

Just say no

If you find yourself agreeing to take on too many projects at work or making too many social arrangements, try saying no. Having a schedule that's too busy can leave you feeling overwhelmed and overtired. This can impact the quality of your work as well as your relationships.

Check your schedule first

Get in the habit of checking your schedule first before committing to something new. Before deciding, consider what the most important task or tasks are that you need to do, and order your tasks accordingly. If you can fit the new task in realistically, then do so. Otherwise, either say no or schedule the task in when you can prioritise it.

Break things down into smaller tasks

If a project seems too large to handle in one go, then break it down into smaller, more manageable steps.

This is equally important if you have difficulty remembering or following the sequence of instructions. Organising tasks into smaller, simpler segments ensures that you can set—and stick to—your priorities.

Stay on task

Do whatever you need to do to stay on task. You may find that setting a timer helps or being in a quiet space without distractions is best. Try out different ways to keep your mind focused.

Developing your communication skills

It can be really frustrating when you feel that you're not being understood when speaking with other people. Here are our tips for better communication:

1. Make sure you are in the right environment to be able to pay full attention. If you're in a busy place, make sure you're sitting close enough to see the person's gestures, body language and facial expressions.
2. If the person you are speaking to is unclear or speaking too fast, don't be afraid to ask them to slow down or speak more clearly.
3. Make your main point up front. Let the person you are speaking to know what it is you would like to get across to them. Then fill in the details afterwards.
4. If the person you are talking to is giving you too much information in one go, ask them to break it down into smaller bits of information.
5. If you feel you've missed something someone is telling you or you don't fully understand their point, just ask them to repeat it. If the person is unaware of your learning disability or how it impacts communication, explain it to them.
6. Allow yourself time to take in what someone is telling you or to consider what you want to say. Rushing will only cause you stress.
7. Many people with learning disabilities are visual thinkers, so if you don't understand what someone is

telling you, it may be better to ask them to show you.

8. Make sure you have as few distractions as possible. Put your mobile phone down and switch it to vibrate.

9. If you want to make sure that the person you are speaking to has understood what you've told them, ask them to repeat it back to you in their own words. If you want to make sure that you've understood something someone has told you, let them know that you like to repeat it back to them in your own words.

10. If you need other aids to communicate, such as the use of images, drawing or writing, let the person you are talking to know. This may mean that you delay the conversation until later, but what matters is that you are able to understand and communicate clearly.

Budgeting and managing money

Managing your money can be confusing for anyone. With lots of different service providers and products to choose from, it's difficult to understand which ones are suitable for you. And once you've decided, it's not always easy to know how to manage your finances on a day-to-day basis.

The [British Institute of Learning Disabilities \(BILD\)](#) has created [Money Skills materials for people with learning disabilities](#).

For [more helpful resources and support, check out Dosh, a charity that helps people with learning disabilities manage their money](#).

Eating a healthy diet

Having a healthy, well balanced diet is important for everyone. Here are our top tips for healthy eating:

1. Eat a good breakfast every morning. It sets you up for the day.
2. Avoid foods that have lots of fat, salt or sugar in them.
3. Eat fresh fruit and vegetables. You should eat five portions a day to keep a healthy diet. To find out more, have a look at the [5 A Day section on the NHS Choices website](#).
4. Try to have at least one portion of vegetables with every meal.
5. Eat healthy snacks. Try a piece of fruit, a handful of unsalted nuts, a fruit salad or a fruit smoothie.
6. Make sure you eat enough protein. You can get protein from many different sources, such as meat, poultry, fish, nuts, cheese, beans and pulses.
7. Make sure you eat enough starchy foods, such as rice, pasta, potatoes and bread.
8. Drink plenty of water throughout the day. Try not to have fizzy or sugary drinks.

For advice on staying a healthy weight, check out the [Managing weight with a learning disability section of the NHS Choices website.](#)

Staying healthy

Keeping yourself fit and healthy is important for your overall wellbeing. Keep as active as you can. It will make you feel better and happier.

You don't need to join a fancy gym or take up a sport to stay healthy. You can keep fit by;

- gardening;
- walking;
- cycling;
- dancing;
- yoga;
- swimming; or
- doing the housework.

You can exercise at home, at the gym or by going to an exercise class. Many community centres offer different types of gentle exercise, such as tai chi or yoga.

You can exercise on your own or with friends. Try to make it fun. If you are doing something you enjoy, you'll be more likely to continue doing it.

The easyhealth website is a great resource for people with learning disabilities to find out all about staying healthy. It has lots of information on:

- eating well;
- getting enough exercise;
- staying healthy; and
- taking good care of yourself.

[Visit the easyhealth website to find out more.](#)

[Finally, if you need more assistance, contact Norwood, the UK's largest Jewish charity for people with learning disabilities.](#)

Learning disabilities: at work

Support finding a job. Mencap offers support to people with learning disabilities in finding a job. [Check out the Work section of the Mencap website to find out how they can help you.](#)

Employment support for people with learning disabilities. The charity HFT provides employment support to people with learning disabilities. [Find out more in the Employment section of the HFT website.](#)

Disability rights in employment. You do not have to disclose your learning disability in advance to prospective employers. Some people prefer to do so, others don't. It is your choice. the [BBC's Ouch Blog has information about when to disclose a disability at work.](#)

Learning disabilities: technology

Technology can help you gain and maintain your independence. If you think that technology for people with learning disabilities is just about the technology used in education, think again.

There are two main categories of technology that people with learning disabilities can use:

- Mainstream technology; and
- Assistive technology (AT).

Mainstream technology

Mainstream technology is technology that is designed for everyone to use. These tools can also be very helpful for people with learning disabilities.

Word Processors

Many people with learning disabilities use mainstream word processors, such as Microsoft Word or Apple's Pages, to create and edit documents.

Some of the features of word processors that you may find helpful are:

- Spell checking;
- Grammar checking;
- Font resizing; and
- Colour changes to fonts or backgrounds.

Calendars

To help you stay organised and get to your appointments on time, most devices have inbuilt calendars, such as Microsoft Outlook or Apple's Calendar. If these are not suitable, there are many other applications available to purchase for both desktop computers and mobile devices.

Speech recognition software

Speech recognition software uses a microphone to turn what you say out loud into text on a page or computer commands (i.e. to open a file or send an email); it can also help to navigate a software application.

To do lists

If you find it difficult to remember everything you need to do, then having a to-do list can really help. And this is where technology comes in. There are millions of to-do list and task manager software and apps available for free and to purchase.

Concept Mapping Software

If you're a visual thinker and prefer pictures to words, you may find concept mapping software a great way to express thoughts, concepts and ideas visually. Concept mapping is really useful for people who find it difficult to organise and integrate thoughts and ideas while writing. Concept mapping software allows for visual representation of ideas and concepts which can be connected with arrows and other icons to show the relationship between ideas.

Assistive Technology

Assistive (or adaptive) technology (AT) refers to all of the tools, products and devices that can make a task easier or possible to perform.

ATs are designed to be used by people with disabilities. Some ATs can be used by people with a wide range of disabilities and others are designed to assist people with specific disabilities, such as learning disabilities.

AT for people with learning disabilities

Learning disabilities affect the way people take in and process information, and the most common types of AT used by people with learning disabilities are focused on reading, language, organisational skills and processing information.

Screen Readers

A screen reader is software that reads the text that appears on a computer screen out loud. The software is also referred to as text-to-speech software.

Word Prediction Software

Word prediction software works alongside word processing software. Word prediction is used to help with spelling. As you begin typing a word, it prompts you with a list of the most likely word choices based on what you have typed so far.

Some examples of word prediction software used by people with learning disabilities are:

- [Co:Writer](#)
- [Ginger](#)
- [Typing Assistant](#)

Phonetic Spelling

For those who prefer to spell phonetically, word prediction or spell checking may not be helpful. Devices (such as the Franklin Electronic Dictionary) or software ([such as ClaroRead](#)), turn phonetic spelling into correctly spelt words.

Optical Character Recognition (OCR)

OCR software takes scanned paper based text and turns it into electronic text for use with screen readers. The most widely used OCR software is the [Kurzweil 3000](#).

Low-tech AT

Not all AT is computer based. The use of common office supplies such as Post-it notes and highlighter pens can be incredibly helpful in sorting and prioritising your thoughts, ideas and concepts.

Learning disabilities: out and about

Getting out and about, socialising with friends and family and participating in a wide range of activities can be really helpful for anyone. By being socially active and spending time with people, you may stop yourself from experiencing the feelings of loneliness and isolation that can happen to people with learning disabilities.

Travel

Travelling with a learning disability may require careful and creative problem solving. Lack of understanding is just one of the barriers we face, so this guide has been designed to provide clear direction for before, after and during travel to ensure a trouble-free trip.

Flying

As facilities and services vary widely, it is worth doing some research before you decide which airline to use. Here are a few pointers to bear in mind when travelling by air.

- On booking your flight, remember to notify the airline if you require special assistance.
- If you prefer an aisle seat, remember to book it in advance to make life easier.
- At least 48 hours before your flight departs, make sure you contact the airline to confirm your request for special assistance, should you need it.
- At flight check-in, be sure to tell the ticket agent that you requested special assistance. In doing this, you will receive extra help at security, miss long queues (there have to be some perks!) and will receive assistance at the gate.

[For more information, check out the GOV.UK page for Transport if you're disabled, and see the section that covers planes.](#)

Train

Rail travel is now one of the most accessible means of transport for anyone with a disability. With the right information, planning and know-how, travelling by train can be hassle free.

To start off, it is useful to identify the barriers that might affect your journey and then consider if you require passenger assistance. If you do, you should book at least 24 hours prior to your journey.

If you are unsure which train company you need, take a look at the National Rail's list of Stations and Destinations and then [visit the National Rail Service page for Information for disabled](#)

[passengers and passenger assistance](#). Alternatively, you can call National Rail Enquiries on 0345 748 4950.

To book passenger assistance, simply navigate to the Support and Information section on the contact page of the train company you have selected. Once there, scroll down to Assisted Travel to retrieve the relevant contact details. When you're on the phone to them, be sure to outline your requirements clearly.

[If you would rather contact the rail company online, visit the Disabled Persons Railcard website](#) and look for the "Book Assistance for Future Journey" button on the page.

Bus

The bus business is experiencing a boom these days, perhaps due to attractive fares and schedules. You may be eligible for a free bus pass—check with your local council to find out. For further details on this scheme, [visit the GOV.UK site and go to the section on Transport if you're disabled, where you'll find details on cars, buses and coaches](#).

How do I apply for a bus pass? Simply contact your local council to find out who issues disabled bus passes. To apply for a disabled person's bus pass you first need to identify the appropriate local authority. Go to the [Directgov site and follow the steps on how to apply for a disabled person's bus pass](#). This service is only available in England.

Getting on and off. Bus companies are legally obliged to make sure disabled people can get on and off buses in safety and travel in reasonable comfort. Visit [Citizens Advice to find out the Rights of disabled passengers using buses and coaches](#).

In the very near future, all public transport buses will have to meet specific disability standards set by the government. As we wait patiently for this special day, we will have to make do with the current provisions.

Using public transport in London

Getting around in London by car is one thing, but using public transport is another. The good news is that there are many resources to help you tame the Tube and beat the buses.

Transport for London

In addition to all of the traditional services offered through the Transport for London (TfL) website, there is an entire section [devoted to transport accessibility](#). For instance, did you know you could request staff assistance at all Tube, TfL Rail, Overground stations, boats, the Emirates Air Line and Victoria Coach Stations? You can get assistance from drivers on trams and buses (on DLR trains, look for a Passenger Service Agent).

[TfL also offers a travel support card that you can download](#) and use in order to let people know what assistance you may need. And for information on fares, visit the [60+ London Oyster Card section of the TfL website](#).

Transport for All

[Transport for All \(TfA\)](#) is an organisation that is working to make it just as easy for you to travel

on public transport as it is for anyone else. Formerly Dial-A-Ride and Taxicard users (DaRT), TfA is a great place to find out how public transport is becoming more accessible to everyone, and it covers:

- Underground
- Buses
- Trains
- DLR
- Tramlink
- Riverboats
- The Emirate Airline (Cable Car)
- Airports

TfA also has information on getting travel training or mentoring and tracking down items that have been lost on London's transport system.

In terms of door to door services, TfA can help you research the following:

- Dial-a-Ride
- Capital Call
- Community transport
- Patient transport
- Taxicard
- Taxi and Private Hire Vehicle

The organisation can also help you explore the following concessionary services:

- Blue Badge
- Freedom Pass
- Disabled and Older Persons Railcard
- National Express Coachcard
- 60+ Oystercard

Freedom Pass

To find out specifically about Freedom Passes, visit the [London Councils Freedom Pass website](#).

Sports and leisure

If you like participating in sport, there are plenty of sports programmes and activities to choose from. You can enjoy sport just for fun or you can get involved in competitive sports with other learning disabled people. Mencap Sport has a wealth of information and resources to help keep you fit and active. To find out more, check out the [Mencap Sport section on the Mencap website](#).

If you prefer to join a local gym, fitness or leisure centre, take your time finding the best place for you. Here are our tips for ensuring you make the right choice.

1. Write a list of the exercises and activities you want to do.
2. Research places that offer the activities you want.

3. Find out how much it costs, compare prices and make sure it's value for money.
 4. Go and visit the venue, check out the facilities, meet the teachers and make sure they meet your needs.
 5. If you're going to take out a membership, make sure you understand how long it's for and what happens if you want to cancel.
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Learning disabilities: grants and benefits

As a learning disability is classed as a disability under UK law, you may be entitled to certain state benefits for disabled people. The following resources can point you in the right direction:

[Citizens Advice](#). This organisation offers benefits advice to people who live throughout the UK.

[Disability Rights UK](#). The Disability Rights UK Factsheet F13 is an interactive tool that will determine what support you can receive.

[Forbes Charitable Foundation](#). This registered charity distributes funds and has an online grant application form.

[Foundation for People with Learning Disabilities](#). As part of the Mental Health Foundation, this group has some basic resources.

[GOV.UK: Student Finance](#). This page's section on disabled students has guidance for adults with specific learning disabilities.

[Mencap](#). With extensive support regarding benefits, Mencap offers FAQs on Carer's Allowance, Job Seeker's Allowance, Employment and Support Allowance, Universal Credit, Personal Independent Payment and Access to Work grants.

[SCOPE](#). With a focus on all types of disabilities, SCOPE offers information on [benefits](#) along with an online [grants](#) search tool.

[Turn2us](#). The [Turn2us Grant Search](#) tool can help uncover grants or other types of help.

[Yellow Submarine: Adult residential holidays](#). This charity arranges holidays for adults with learning disabilities. Note: Residents from Oxfordshire are given priority, although others can join, if space permits.

Learning disabilities: emotions and relationships

Keeping emotions in check and having good relationships with friends, family and colleagues are essential for everyone's overall happiness and wellbeing, and people with learning disabilities are no different. Managing the ebbs and flows of your emotions may not be easy, especially if your

learning disability has a significant impact on the way you process information and interpret the world around you. The [Managing Social-Emotional Issues of Adults with Learning Disabilities section of the Learning Disabilities Association of America website](#) has some very helpful advice.

Emotional wellbeing

Emotional wellbeing is a general sense of feeling good within yourself and able to cope with the stresses of daily life.

Learning disability and emotions

Understanding the role your learning disability plays in your emotions is vital. If you can truly appreciate the impact your learning disability has on how you feel and how you relate to others, you will be well on your way.

Understanding and managing stress

The frustration of daily life for many people with learning disabilities can lead to feelings of stress and anxiety. Left alone, these feelings can lead to depression. Being aware of the things that cause you stress is really important. You may not be able to avoid them, but sometimes changing your attitude towards them is enough.

Knowing how stress impacts on you and those around you will help you make decisions about how you handle it.

Behaving respectfully

Being respectful to yourself and other people is key to maintaining good relationships. If you treat others the way you would like to be treated by them, this will stand you in good stead.

A key part of being respectful is maintaining your integrity and dignity in your interactions with other people.

Some helpful advice can be found in the [Five steps to mental wellbeing section of the NHS Choices website](#).

Relationships with friends, family and colleagues

Maintaining good relationships is hard work for most people, and people with learning disabilities face some additional challenges.

Some other useful resources are:

- [The Sex, relationships and learning disability section of the Scope website](#); and
- [The Sex and relationships section of the Mencap website](#).

Learning disabilities: charities

There are many charities in the UK that provide advice, support and services for people living with learning disabilities as well as their friends, family and carers.

Jewish learning disability charities

[Judith Trust](#). The Judith Trust's vision is that all people with learning disabilities will be included into their communities in particular and society in general.

[jweb](#). jweb is an online guide to what's available and what's happening in the Jewish learning disabilities community.

[Kisharon](#). Kisharon is a London based charity supporting Jewish people with learning disabilities, as well as their families and carers.

[Norwood](#). One of the UK's oldest charities, Norwood supports people with learning disabilities. Services include education, after school clubs and holiday schemes, transition, supported living, residential care, lifelong learning and health and wellbeing.

General learning disability charities

[British Institute of Learning Disabilities \(BILD\)](#). The British Institute of Learning Disabilities' work focuses on people with learning disabilities being valued equally, participating fully in their communities and being treated with dignity and respect.

[CHANGE](#). CHANGE is a human rights organisation led by learning disabled people, working for the human rights of all people with learning disabilities.

[Foundation for People with Learning Disabilities](#). The Foundation for People with Learning Disabilities works to improve the lives of people with learning disabilities. They provide information about issues affecting the lives of people with learning disabilities and provide publications and workshops.

[HF Trust \(Hft\)](#). Hft provides services for people with learning disabilities throughout England and supports people to live life the way they choose.

[Learning Disability UK](#). Learning Disability UK provides information, education, resources, advocacy and services for those working with adults with learning disabilities.

[Mencap](#). Mencap works in partnership with people with learning disabilities, and their services support people to live life as they choose.

[Profound and Multiple Learning Disabilities Network \(PMLD\)](#). The PMLD Network is a group of people committed to improving the lives of people with profound and multiple learning disabilities (PMLD).

Condition specific learning disability charities

[AADD-UK](#). AADD-UK is a member group of people with ADHD, running support groups as well as a website and online community.

[Attention Deficit Disorder Information and Support Service \(ADDISS\)](#). ADDISS provides people friendly information and resources about ADHD to anyone who needs assistance—parents, people with ADHD, teachers or health professionals.

[Autism Independent UK](#). Autism Independent UK helps to increase awareness of autism and offers both well established and newly developed approaches to diagnosis, assessment, education and treatment.

[British Dyslexic Association \(BDA\)](#). The BDA is the voice of dyslexic people. They aim to influence government and other institutions to promote a dyslexia friendly society that enables dyslexic people of all ages to reach their full potential.

[Down's Syndrome Association](#). The Down's Syndrome Association aims to help people with Down's syndrome live full and rewarding lives.

[Dyslexia Action](#). Dyslexia Action provides support to people with literacy and numeracy difficulties, dyslexia and other specific learning difficulties.

[National Autistic Society](#). The National Autistic Society supports people on the autism spectrum (including Asperger syndrome) and their families. It provides information, support and services, and campaign for a better world for people with autism.

[Rett UK](#). Rett UK provides professional support to people living with Rett syndrome across the UK.

