

Carers of adults with learning difficulties (disabilities)

Many Parents and Carers of adults who have learning difficulties have a lifetime's experience of caring, with different needs arising at different times. Over the years they have gained a wealth of information and experience. But sometimes everyone needs help and support. We have all probably felt the need to talk to others who understand our situation. You may have times when there is too much to do; not enough money; no social life or time for yourself, and you feel you are not having enough sleep or relaxation.

Each carer has their own individual support needs and our service aims to provide a flexible and adaptive approach to meeting them. We want to ensure each family receives support, assistance and information at the right time in a format that is accessible to their individual needs. In this way we will achieve the best possible outcomes for everyone involved.

By registering with us you will have an opportunity to meet people who are living with similar challenges. You will also be able to access support from our Carers Support Officers.

Services we provide for parent carers

- Specialist information and support from the Carers Support Officers
- Signposting to a wide range of other services and recourses.
- Regular parents support groups
- Financial information on benefits and grants to ensure families are receiving their entitlements
- An emergency planning card which helps parents and carers to think about the future.
- Website, Facebook and Twitter all provide up-to-date information.
- **In Gwynedd only:** A regular newsletter specific to parents and carers of adults with learning difficulties which includes current news of what is happening in Gwynedd in the field of Learning difficulties. It also encourages parents and carers to give their feedback and comments

Some useful links:

Learning Disability Wales <https://www.ldw.org.uk/>

Carers Wales <http://www.carersuk.org/>

Mencap <https://www.mencap.org.uk/advice-and-support>

All Wales Forum <http://www.allwalesforum.org.uk/>

Disability Wales <http://www.disabilitywales.org/>

National Autistic Society <http://www.autism.org.uk/>

SNAP <http://www.snapcymru.org/>

Downs syndrome association <https://www.downs-syndrome.org.uk/>

North Wales Advice and Advocacy Association <http://www.nwaaa.co.uk>

Gwynedd Council <https://www.gwynedd.llyw.cymru>

Anglesey Council <http://www.anglesey.gov.uk/>

Conwy Council <https://www.conwy.gov.uk/>