
THE ROLE OF THE COMMUNITY LEARNING DISABILITY NURSE (CLDN)

The aim of the Community Learning Disabilities Nursing Services is to provide specialist nursing care to children or adults with a learning disability, to enhance their quality of life in the community, and to provide advice and support to their families and carers.

The Community Learning Disability Nurses in Inverness and Easter Ross work with children **or** adults while other areas work with both children and adults.

Community Learning Disability Nurses (CLDN) are registered Learning Disabilities Nurses who have completed post basic courses.

COMMUNITY LEARNING DISABILITY NURSING SERVICES

The Community Learning Disability Nursing Service will provide a comprehensive assessment of the health needs of children with a learning disability. They will provide structured programmes of care which may cover the following:

- **Health Promotion** — Educating people regarding their physical and health needs e.g. toileting, healthy eating, puberty, sexual health, mental health and facilitating access to appropriate health care services.
- **Behaviour Management** — Advising and supporting the families/carers of children with challenging behaviour and putting in place strategies for dealing with this. Some of the behaviours we can help with are anger, anxiety, self-esteem, and sleep.
- **Skills Teaching** — Teaching independent living skills e.g. self help, domestic skills and social skills.
- **Epilepsy Management** — Providing people with information, advice and monitoring of Epilepsy.
- **Specialist Information** — on specific conditions and syndromes, benefits and welfare rights, respite care and access to local resources.
- **Liaison** — with other professionals e.g. Education, Speech and Language Therapy, Physiotherapy, Psychology, Social Work and Occupational Therapy.

The CLDN service is available from 9.00am — 5.00pm Monday to Friday. Contact and input will be carried out in a variety of settings in the community.

An open referral system is in operation. Your Community Nurse can be contacted as follows:

- **Easter Ross** - Tel: 01349 869824
- **Inverness** - Tel: 01463 706708
- **Badenoch & Strathspey** - Tel: 07798 572067
- **Nairn** - Tel: 01667 452914
- **Sutherland** - Tel: 01408 634485
- **Caithness & North Sutherland** - Tel: 01847 893263
- **Lochaber** - Tel: 01397 709855
- **Skye & Lochalsh** - Tel: 01471 822303

