






What to expect at your first appointment

	<p>You have an appointment with the Community Learning Disability Health team.</p> <p>This is to find out how we can help you.</p>
	<p>You can bring someone who knows you really well.</p> <p>Like someone from your family or your carer or support worker.</p>
	<p>First you will meet one of the health professionals in the team.</p> <p>Their name is on your appointment letter.</p>
	<p>They will ask you for your assessment questionnaire or any useful information you might have brought with you.</p> <p>Don't worry if you haven't brought anything.</p>

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	<p>At the appointment the health professional will ask you some questions.</p> <p>The questions will be about the problems you are having at the moment.</p> <p>They also will ask about you, your health and your life.</p> <p>This is so we can help in the best way for you.</p>
	<p>You and the health professional will decide together what to do to help you.</p>
	<p>At the end of the appointment they will give you a care plan to take away with you.</p> <p>It will say what you and the health professional have agreed will happen next.</p> <p>They will ask you or the person you have brought with you to sign the care plan.</p>
	<p>If you have any questions or if you are worried about the appointment please call the Community Learning Disability Team.</p> <p>Telephone: 01273 295550</p>