

# Services For All Handbook

Sources of information for families of people with learning disabilities from minority communities

Produced by **ARC** (The Association for Real Change) in association with **MENCAP**

First Edition 2001

Second Edition 2006

完全服務手冊

為少數民族中有學習障礙的人士及家庭成員提供信息

ARC (The Association for Real Change) 連合 MENCAP 製作

第一版 2001

第二版 2006

This is a handbook of information about learning disability services for people from Black and/or Minority Ethnic (BME) communities. It is intended to support families and people with learning disabilities who are from a BME background.

As far as is possible the information was correct when the book was printed (this version was printed in 2006). However things do change from time to time.

This information is about national organisations and policies.

However, room is provided for you to add your own local information.

This handbook is also available (in English only) on-line at [www.lden.org.uk](http://www.lden.org.uk) this will allow you to follow the links rather than type them in yourself.

這本手冊特為黑人和少數民族 (BME)中, 有學習障礙的人士提供學識服務的資訊. 這本手冊的宗旨是為 BME 中,有學習障礙的人士及家人提供援助.

這本手冊裡的資料是準確(本手冊在 2006 年間影印), 但是日后還是隨時會作出更改.

資料是關於國營机构及政策.

不過, 您仍可在規定的範圍內補充個別資料.

這本手冊同時備有英文版本. 請遊覽[www.lden.org.uk](http://www.lden.org.uk) 以連結到相關網站.

## Glossary

Here is a short description of some of the words used in the handbook.

Accessible – this means easy to read and understand for people with a learning disability.

Advocacy – this means having people speak up for you if you have problems expressing yourself.

BME – BME stands for Black and Minority Ethnic. It is a term the government uses to mean all people from minority communities.

Learning Disability - Learning Disability is a term that is used to describe the difficulties that some people have in learning things that society expects them to learn at certain stages in their lives.

## 注釋

以下是手冊裡用詞的敘述.

容易理解 - 意思是對於有學習障礙的人士是容易閱讀和理解

擁護 - 意思是當面對困難時有代表可幫助您表達意願

BME - BME 黑人和少數民族. 這是政府機關所用的名詞來代表所有少數民族

學習障礙 - 學習障礙是一個名詞用來形容某些在學習上未能達到社會對他們的期望和在學習上有困難的人士.

Some people are born with certain impairments that restrict or reduce their ability to learn as quickly or as readily as others.

Learning disability is not an illness, it is a permanent condition, although in some cases an illness may be associated with the condition.

Some people are much more profoundly affected than others, these people may require help with most aspects of daily living, whereas those with mild disabilities can usually live with less support, but require some help with social or emotional issues.

Statutory – Statutory means that the service or organisation was brought into place by law.

Transition – Transition means change, normally it is used to mean the change from children's to adult services.

有些人會因為天生能力上的損傷,而影響或降底了他們的學習能力或相對地比其他人學習得更吃力.

學習障礙並非疾病,它是一個永久性狀態,縱使有某些疾病同以上情況有關連.有些人比起其他人受的影響更深,這些人在日常生活裡須要更多的幫助,然而那些擁有輕微障礙者則須要較少的幫助,但是,他們亦須要社交上或情緒上的幫助.

法定 –法定的意思係指法律規定下的服務或機構.

轉變 –轉變代表由兒童進入成人階段的服務.

Voluntary – Voluntary means the organisation or service is offered without a law requiring someone to provide it. Often this means a charity is doing it.

Website – Websites are places on the Internet where organisations have and display information. They can be very useful but you need to make sure you know who is providing the information and that it is up-to-date.

-This booklet can only give details of website and organisations it cannot be held responsible for the information they give or is displayed. However we have tried to ensure these are all useful contacts.

非政府機構- 不受法律規定的機構或服務。多數是指慈善機構。

網站 - 網站是國際互聯網上一個可令各機構展示其資訊的地方。它們可以為您提供最新的資訊及資訊的提供者

- 這本手冊只可以提供網站及機構的細節，它並不會對網頁內所展示的資料負責，但我們會盡量確保所提供的都是有用的通訊。

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## Language Line

There is an interpreting service called Language Line that will provide telephone interpretation services.

Language Line Ltd  
Swallow House 11 – 21  
Northdown Street  
London N1 9BN  
020 7520 1430

[www.language.co.uk](http://www.language.co.uk)

Most public authorities (and a number of charities) will be able to access this. However, you will need to tell them if you want this service. It is very important that information you receive is in a language and form that you understand.

If English is not your first language, ask for interpreted information either written or spoken. Public authorities have a duty to do this and, if they know, are usually willing to do so.

語言專線 (Language Line)

語言專線是一個可提供電話翻譯的服務。

Language Line Ltd  
Swallow House 11 – 21  
Northdown Street  
London N1 9BN  
020 7520 1430

[www.language.co.uk](http://www.language.co.uk)

在本機構(和慈善機構) 都可獲得此服務。但是，您必須預先告知您所需要的服務項目。最大的重點是你所得到的這些訊息必須是和你懂得的語言相同及你懂得它所要表達的訊息

如果英文不是您的第一語言，您可要求資料譯本。機構有責任提供此服務，如他們知道你需要幫助，通常都會十分樂意給於幫助。

However, this does mean that someone will have to ask in English for the interpreting. It is your right to have information that you understand.

There is no charge to you, the service you are phoning pays to join Language Line.

In this book we are going to consider some key issues. These are issues that families may need to know about - but please remember this is just the starting point. You may need to find local contacts where you live.

This booklet can only provide details of national services. However, room is available to add your own local contacts. The national contacts may be able to direct you to their local representatives and many of the websites will give you these details.

Some websites will also have links to lots of other useful sites and resources. To start with here are details of some very useful websites.

不過，這並不意味著你一定需要翻譯的服務。您有權選擇令您明白的資料譯本。

您不須要付任何費用，這個機構已給付這項語言專線的服務費用。

手冊裡所提到一些主要事項。這些事項是家人必須參與知道的 - 但請注意這只是一個開始。您必須聯繫你所居住地的地方機構。

這本手冊只能提供國營機構的資料。不過，您可在特定的範圍內補充地方機構的資料。國營機構也可為您提供地方機構的資料，其他網頁也會提供您所需的資料。

有些網頁可為您提供許多相關及有用的連結。以下這些網頁的詳細資料可幫助您開始。

## **MENCAP**

MENCAP is a UK wide charity that campaigns for children and adults with a learning disability, their families and carers. MENCAP aims to improve their lives and opportunities.

The website has sound options to help a person listen to information. MENCAP has active local branches whose details can be obtained from the main office.

MENCAP  
123 Golden Lane  
London  
EC1Y 0RT  
020 7454 0454

MENCAP also hosts the Learning Disability Helpline on 0808 808 1111  
This is a very useful resource and the helpline uses Language Line

[www.mencap.org.uk](http://www.mencap.org.uk)

MENCAP 是一個全國性的慈善機構，專為有學習障礙的兒童和成年人及他們的家人和看护人提供服務。MENCAP 的宗旨是要改善他们的生活和機會。

以下的網頁提供有聲版本令游覽者可聆听所選的資訊。MENCAP 擁有許多活躍的地方辦事處，這些資料可在總辦事處獲得。

MENCAP  
123 Golden Lane  
London  
EC1Y 0RT  
020 7454 0454

MENCAP 亦設有學習障礙專線0808 808 1111  
此專線可提供語言專線的翻譯服務。

[www.mencap.org.uk](http://www.mencap.org.uk)

**Valuing People** – Valuing People is the name of the government document produced in 2001 specifically related to people with a learning disability. The website that supports this is -

[www.valuingpeople.gov.uk](http://www.valuingpeople.gov.uk)

The website holds lots of information and you may be specifically interested in the ethnicity section.

**Check the Map** is a very useful site that gives links to lots of other sites. It is a good way of finding these without having to remember all the other names and details.

[www.checkthemap.org.uk](http://www.checkthemap.org.uk)

For families with young people who are moving through transition the website **Moving On Up** has lots of useful information in.

[www.movingonup.info](http://www.movingonup.info)

All these websites are accessible.

**重要公民 (Valuing People)** – 一份在 2001 年出版，特別為有學習障礙的人士所設的政府公文。相關網頁 -

[www.valuingpeople.gov.uk](http://www.valuingpeople.gov.uk)

此網頁有許多資訊和設有您所感興趣的種族話題。

**地圖搜尋 (Check the map)**係一個為您提供許多網站連結的網頁。這是一個有效的途徑去尋找您要的資料。

[www.checkthemap.org.uk](http://www.checkthemap.org.uk)

對於那些正在成長中的青少年的家人可以游覽 **Moving On Up** 的網頁以獲得更多資料。

[www.movingonup.info](http://www.movingonup.info)

以上網頁都可隨意進入。

## Sources of Information – National Organisations

The following pages contain details of organisations that will be able to help you.

In alphabetical order these are –

British Institute of Learning Disability (BILD) – page 12

Citizens Advice Bureau (CAB) – p 13

Carers UK – page 14

Contact a Family – page 15

Commission for Racial Equality (CRE) – page 16

Commission for Social Care Inspection (CSCI) – page 17

DIAL – page 18

Disability Rights Commission (DRC) – page 19

Foundation for People with a Learning Disability (FPLD) – page 20

Mencap – (see page 9)

National Association for Adult Placement Services (NAAPS) – page 21

There are details of some other useful sources of information – but these are not learning disability specific.

Open Gov website

Multikulti

Both of these are on page 22

資訊來源 – 國營機構

以下是可以幫助您取得國營機構的資料

按字母表順序排列 –

英國學習障礙學院 (BILD) – 第 12 頁

國民服務詢問處(CAB) - 第 13 頁

英國看護人團體 - 第 14 頁

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種族平等委員會(CRE) - 第 16 頁

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DIAL - 第 18 頁

殘障者公平委員會(DRC) - 第 19 頁

殘障者基金會(FPLD) - 第 20 頁

Mencap - (請看第 9 頁)

成人安置服務協會(NAAPS) - 第 21 頁

以下資料可能對您有幫助 – 但是它們并不是專為學習障礙而設

瀏覽政府網

Multikulti

請看第 22 頁

## **BILD – The British Institute of Learning Disability**

BILD is working to improve the lives of people in the UK with a learning disability. BILD are an organisation involved in research, training and support for people with a learning disability.

BILD  
Campion House  
Green Street  
Kidderminster  
Worcestershire  
United Kingdom  
DY10 1JL

01562 723 010

[www.bild.org.uk](http://www.bild.org.uk)

At the moment the information on the website is only available in English and they do not subscribe to language line.

## **BILD - 英國學習障礙學院 (The British Institute of Learning Disability)**

BILD 的成立是為了幫助居英國的學習障礙者能够改善生活。BILD 的活動包括探討，訓練和支援有學習障礙的人。

BILD  
Campion House  
Green Street  
Kidderminster  
Worcestershire  
United Kingdom  
DY10 1JL

01562 723 010

[www.bild.org.uk](http://www.bild.org.uk)

現時，其網頁只有英文版本。其他語言服務還在建設中

## **Citizens Advice Bureau – CAB**

Citizens Advice Bureaus are situated across the country – they can offer help and advice on a large range of subjects – not just disability.

Although they might not be able to answer some very specific questions they will be able to let you know what your rights are and how to get them.

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

There is online help in a number of different languages available on -

[www.adviceguide.org.uk](http://www.adviceguide.org.uk)

(Look down the left hand side of the screen)

## **國民服務詢問處 – CAB (Citizens Advice Bureau)**

**國民服務詢問處**遍及全國各地 – 提供建議和幫助極為廣泛– 不單止殘障.

或許他們並不能真正的解決你的問題，但是他們可以指引|您解決問題方向.

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

這網頁備有各種語言的譯本

[www.adviceguide.org.uk](http://www.adviceguide.org.uk)

(請看銀幕左下角)

## **Carers UK**

Carers UK provide advice and information to carers.

Their booklet is available in a number of languages. If you look on the website they also have links to other translated material

Carers now have the right to an assessment of their own and Carers UK will tell you how to get one.

Carers UK  
20 – 25 Glasshouse Yard  
London  
EC1A 4JT

[www.carersuk.org](http://www.carersuk.org)

(Look for 'other languages')

(Freephone) 0808 808 7777  
Wednesday and Thursday  
10am-12pm and 2pm-4pm

### **英國看護人團體 (Carers UK)**

這團體提供建議和幫助給看护人。

這本手冊備有各種不同語言，其網頁可提供不同譯本的連結。

看护人有權為自己作評估選擇，英國看護人團體可以在這方面幫助您。

Carers UK  
20 – 25 Glasshouse Yard  
London  
EC1A 4JT

[www.carersuk.org](http://www.carersuk.org)

(請看其他語言)

(免費電話) 0808 808 7777  
星期三和星期四  
10am-12pm 及 2pm-4pm

## Contact a Family

Contact a Family offer support to families who care for children with any disability or special need.

Contact a Family  
209 – 211 City Road  
London  
EC1V 1JN

[www.cafamily.org.uk](http://www.cafamily.org.uk)

Helpline (freephone) 0808 808 3555

They subscribe to Language Line (see page 7) and will be able to set up a conference call with an interpreter.

Their website has information in a lot of languages and they have people who you can contact who might speak your language

## 親屬聯繫團體

親屬聯繫團體給殘障兒童或特殊兒童的家人提供援助

Contact a Family  
209 – 211 City Road  
London  
EC1V 1JN

[www.cafamily.org.uk](http://www.cafamily.org.uk)

Helpline (freephone) 0808 808 3555

They subscribe to Language Line (see page 7) and will be able to set up a conference call with an interpreter.

Their website has information in a lot of languages and they have people who you can contact who might speak your language

## **Commission for Racial Equality - CRE**

The CRE is '*working for a just and integrated society, where diversity is valued.*' Its main aims are to work towards elimination of racial discrimination, encourage good relations between people and monitor the way the Race Relation Act is working.

Commission for Racial Equality (CRE) Elliot House  
10 – 12 Allington Street  
London  
SW1E 5EH

020 7828 7022

[www.cre.gov.uk](http://www.cre.gov.uk)

**種族平等委員會 - CRE (Commission for Racial Equality)**

CRE 主張“平等和諧的社會，尊重多樣種族”。它的宗旨是要消除種族歧視，鼓勵各種族之間和睦共處。

Commission for Racial Equality (CRE) Elliot House  
10 – 12 Allington Street  
London  
SW1E 5EH

020 7828 7022

[www.cre.gov.uk](http://www.cre.gov.uk)

## **Commission for Social Care Inspection – CSCI**

CSCI ensure that the National Minimum Standards are upheld by organisations. There are standards for Adult Placement, Domiciliary Care (which you can receive in you own home) and for Residential Homes. These standards are available on line and reports about individual homes and services are available locally.

If you have a complaint about any support you or your family are receiving you should tell CSCI

[www.csci.gov.uk](http://www.csci.gov.uk)

The website has information in a number of languages on it.

This national website also has details of all the local offices.

### **社會關懷監察委員會 – CSCI (Commission for Social Care Inspection)**

CSCI 確保各機構依照國家最低限度的規範來執行。成人安置，住所關懷(這些都可以在家中獲得照顧)和房屋住宅都有特定的規範。這些規範的標準可在網上或地方機構取得。

如果你對於您和家人所獲得的援助不滿意 請告知 CSCI

[www.csci.gov.uk](http://www.csci.gov.uk)

這網頁備有各種語言的譯本。

這網頁亦提供各個地方服務機構的資料。

## **DIAL UK**

Dial offer information and advice about all aspects of disability. The organisation is run for and by disabled people.

Dial UK  
Park Lodge  
St Catherine's Hospital  
Tickhill Road  
Doncaster  
DN4 8QN

[www.dialuk.info](http://www.dialuk.info)

01302 310123

This main number will be able to give you details of your local office.

Your local office can offer free independent advice on all aspects of disability over the telephone and in drop-in centres. Contact your local office for local information.

## **DIAL UK**

Dial 專門給殘障人士提供資訊及建議。這機構並由殘障人士經營。

Dial UK  
Park Lodge  
St Catherine's Hospital  
Tickhill Road  
Doncaster  
DN4 8QN

[www.dialuk.info](http://www.dialuk.info)

01302 310123

這電話號碼可為您提供各個地方機構的資料。

地方機構會免費的為您提供各方面建議,通過電話或個人到訪. 請聯絡您的地方機構以索取更進一步的資料.

## **Disability Rights Commission – DRC**

The Disability Rights Commission (DRC) is an independent body established in April 2000 by Act of Parliament to stop discrimination and promote equality of opportunity for disabled people.

DRC Helpline  
FREEPOST MID02164  
Stratford upon Avon  
CV37 9BR

Telephone: 08457 622 633  
Textphone: 08457 622 644  
(You can speak to an operator at any time between 8am and 8pm, Monday to Friday)

[www.drc-gb.org](http://www.drc-gb.org)

Information is available in a number of languages from the front page of the website.

### **殘障者公平委員會 – DRC (Disability Rights Commission)**

殘障者公平委員會(DRC)在 2000 年 4 月的國會法令下成立以便停止歧視及提升殘障人士的機會平等。

DRC Helpline  
FREEPOST MID02164  
Stratford upon Avon  
CV37 9BR

電話: 08457 622 633  
文字電話: 08457 622 644  
(您可在星期一至五, 早上 8 點至晚上 8 點與電話接線員交談)

[www.drc-gb.org](http://www.drc-gb.org)

這網頁備有各種語言的譯本。

## **The Foundation for People with Learning Disability (FPLD)**

The FPLD aim to promote the rights, quality of life and opportunities of people with learning disabilities and their families

[www.fpld.org.uk](http://www.fpld.org.uk)

020 7803 1100

**殘障者基金會(FPLD - The Foundation for People with Learning Disability)**

FPLD 的宗旨是要提升有學習障礙人士和家人的權力及生活品質.

[www.fpld.org.uk](http://www.fpld.org.uk)

020 7803 1100

**Mencap – 請看第 9 頁**

## **National Association for Adult Placement Services (NAAPS)**

NAAPS offer support and advice to anyone providing (or thinking of providing) support to people in their own homes. These people may have a learning disability but may also be physically disabled or elderly.

[www.naaps.org.uk](http://www.naaps.org.uk)

## **成人安置服務協會(NAAPS - National Association for Adult Placement Services)**

NAAPS 提供援助及建議給正在照顧(或將會照顧)在家里所需照顧的人. 這些人可能是有學習障礙或行動不便或者是老人家.

[www.naaps.org.uk](http://www.naaps.org.uk)

There is a lot of information about national and local government and the services they offer available on.

[www.direct.gov.uk](http://www.direct.gov.uk)

The Multikulti website aims to support citizenship through the delivery of culturally appropriate and accurately translated information in the following areas of welfare law — debt, employment, health, housing, immigration and welfare benefits.

[www.multikulti.org.uk](http://www.multikulti.org.uk)

還有很多關於國家及地方政府的資料,所提供的服務可以在以下網頁獲得.

[www.direct.gov.uk](http://www.direct.gov.uk)

Multikulti 的網頁主要在為國民提供援助, 傳達適當的文化交流和準確地講解福利法規包括債務, 職業, 健康, 房屋, 移民及福利金等資料.

[www.multikulti.org.uk](http://www.multikulti.org.uk)

## **Health (including)**

### **information on Specific Conditions**

Promoting and maintaining the health of people with a learning disability is very important and there are a large numbers of resources available to help with this.

There are also lots of resources about specific conditions that may be affecting people. This section includes details of the following resources

#### **General Health**

BBC Health – page 25

NHS Direct – page 26

Valuing People Support Team – (Health) – page 27

National Patient Safety Agency –  
page 27

#### **保健(包括)**

##### **特定情況的資訊**

提升和保持學習障礙人士的健康是非常重要的，好多這方面的資源可以幫助您。

亦有好多資源是關於特定情況。以下部份包括資源的詳細資料

#### **衛生部**

BBC 健康 – 第 25 頁

英國國民保健 NHS 資詢熱線 - 第 25 頁

重要人士緩助隊 – (健康) -第 27 頁

全國病人安全機構 - 第 27 頁

## **Specific Conditions**

Autism – page 28  
Blindness – page 29  
Cancer – page 31  
Cerebral Palsy – page 32  
Deafness (and deaf/blind) – page 33  
Down’s syndrome – page 35  
Epilepsy- page 36  
Mental health (and child and adolescent mental health) – page 37  
Palliative care and support – page 37  
Prada-Willi – page 39  
Sickle Cell – page 40  
Spina-bifida – page 41

## **特定情况**

自閉症 – 第 28 頁  
失明- 第 29 頁  
癌症 - 第 30 頁  
大腦癱瘓 -第 32 頁  
聾啞(聾/盲) - 第 33 頁  
唐氏綜合症 - 第 35 頁  
癲癇症 - 第 36 頁  
精神病(和兒童及青少年精神病) - 第 37 頁  
善終護理及緩助 - 第 37 頁  
普達威利症候群 - 第 39 頁  
鐮形紅細胞 - 第 40 頁  
脊柱裂 - 第 41 頁

## General Health

The following websites contain useful information about health and health services – the websites will often have links to other information.

**BBC health website** – contains lots of basic information and introductions to different conditions – with links to other useful more specific sites.

[www.bbc.co.uk/health](http://www.bbc.co.uk/health)

The information is all in English

### 衛生部

以下的網頁包含許多有用的保健和健康服務資訊 – 這些網頁通常會連結到其他資訊。

**BBC 保健 (BBC health) 網頁** - 包含許多基本常識和各種不同情況的介紹 - 也連結到其他更詳細的網頁。

[www.bbc.co.uk/health](http://www.bbc.co.uk/health)

所有資料都以英文書寫

**NHS Direct** – Information is available via telephone, the internet and on Digital (Sky) television.

0845 4647

There are translation services available on this number. State which language you would like (in English) at the start of the call.

[www.nhsdirect.gov.uk](http://www.nhsdirect.gov.uk)

There is a link to follow from the front page for information in a number of languages

If you have Sky television press the green 'interactive' button then the '0' button (for more) and then the number '1' button and this will take you lots of useful information and it's available in lots of languages

**NHS Direct** 英國國民保健資詢熱線 - 資料可通過電話, 互聯網和衛星(Sky)電台獲取.

0845 4647

此號碼提供翻譯服務. 請在撥通后用英文選擇您所要的語言.

[www.nhsdirect.gov.uk](http://www.nhsdirect.gov.uk)

此網頁的首頁可助您連結到所需的語言

如您有**(Sky)**衛星電台請按綠色按鍵, 跟住按 **'0'**(多次)然後按 **'1'**, 這樣您就可以獲得不同語言的資訊.

## **Valuing People Support Team – Health**

The VPST website has lots of helpful information in a separate section about health.

Health Action Plans are particularly important and you can find out about these here.

[www.valuingpeople.gov.uk/health](http://www.valuingpeople.gov.uk/health)

## **National Patient Safety Agency (NPSA)**

The aim of the NPSA is to ensure patients have a safe journey through the NHS. Included in this is some work they have done regarding people with a learning disability in hospital. They also offer information on how to make complaints if you, or a family member have not been treated fairly within the NHS

[www.npsa.nhs.uk](http://www.npsa.nhs.uk)

## **重要人士援助隊 (Valuing People Support Team) – 健康**

VPST 的網頁係各個部份都備有好多有用的資訊。

健康活動計劃特別重要，您可在這網頁搵到相關資料。

[www.valuingpeople.gov.uk/health](http://www.valuingpeople.gov.uk/health)

## **全國病人安全機構(NPSA – National Patient Safety Agency)**

NPSA 的宗旨係確保病人在 NHS 裡得到安全的保障。包括保障學習障礙人士在醫院時的安全。他們亦會提供資訊關於如何對未能獲得公平對待而作出投訴。

[www.npsa.nhs.uk](http://www.npsa.nhs.uk)

## Specific conditions

### Autism

The National Autistic Society offers confidential advice and information to people with autism or Asperger syndrome and their families. They provide an advocacy service to offer support and information about special educational needs.

They have produced information about autism in a number of different languages. There is a link to these from the front page of the website.

The National Autistic Society  
393 City Road  
London  
EC1V 1NG

[www.nas.org.uk](http://www.nas.org.uk)

020 7833 2299 (The Autism Helpline)

0870 600 8585

### 特定情況

#### 自閉症 (Autism)

國立自閉症協會 (**National Autistic Society**) 提供保密的建議和資訊給自閉者和家人。他們亦提供辨護服務以便給予關於教育須要的援助及資訊。

這些資訊有多種不同語言的譯本。可在網頁的首頁連結到所需的語言版頁。

The National Autistic Society  
393 City Road  
London  
EC1V 1NG

[www.nas.org.uk](http://www.nas.org.uk)

020 7833 2299 (自閉症專線)

0870 600 8585

## **Blindness**

The Royal National Society for the Blind produce information on learning disabilities and blindness including a Focus newsletter.

Royal National Institute of the Blind  
105 Judd Street  
London  
WC1H 9NE

Tel: 020 7388 1266  
Fax: 020 7388 2034

Helpline 0845 766 9999 (They use Language line.)

[www.rnib.org.uk](http://www.rnib.org.uk)

## **失明 (Blindness)**

英國全國盲人協會 (Royal National Society for the Blind) 提供資訊給學習障礙者和盲人包括焦點簡訊

Royal National Institute of the Blind  
105 Judd Street  
London  
WC1H 9NE

電話: 020 7388 1266  
傳真: 020 7388 2034

查詢電話 0845 766 9999 (可使用語言專線.)

[www.rnib.org.uk](http://www.rnib.org.uk)

Association of Blind Asians

Provides information and advice and help with daily living.

Association of Blind Asians  
Room 16, Zenith House  
210 Church Street  
Leyton  
London  
E10 7JQ

020 8588 6792  
Advice line 2pm – 5pm Mondays

亞洲人盲人協會 (Association of Blind Asians)

提供資料及建議及日常生活上的幫助。

Association of Blind Asians  
Room 16, Zenith House  
210 Church Street  
Leyton  
London  
E10 7JQ

020 8588 6792  
建議熱線：星期一 2pm – 5pm

## **Cancer**

### Asian Cancer Information and Support Line

Information produced in a number of different languages these include Bengali, Hindi, Punjabi and Urdu.

Asian Cancer Information and Support Line  
17 Britannia Street  
London  
WC1X 9JN

020 7713 7867

## **癌症 (Cancer)**

### 亞洲人癌症資訊及援助熱線 (Asian Cancer Information and Support Line)

設有各種語言的資訊包括孟加拉語，印地語，印巴語和烏爾都語。

Asian Cancer Information and Support Line  
17 Britannia Street  
London  
WC1X 9JN

020 7713 7867

## **Cerebral Palsy**

SCOPE is a national organisation devoted to supporting people with cerebral palsy and their families. Some campaigns e.g. "housing need" are specifically for ethnic minority groups.

SCOPE  
6 Market Road  
London  
N7 9PW

(Helpline) 0800 626216

[www.scope.org.uk](http://www.scope.org.uk)

## **大腦癱瘓 (Cerebral Palsy)**

SCOPE係一個國立機構，專為大腦癱瘓者及家人提供援助。活動包括特為少數民族而設的“房屋需求”計劃。

SCOPE  
6 Market Road  
London  
N7 9PW

(查詢電話) 0800 626216

[www.scope.org.uk](http://www.scope.org.uk)

## **Deafness**

### Royal National Institute for the Deaf

(RNID) have a special care services provision for people with learning disabilities.

RNID

19 – 23 Featherstone Street

London

EC1 8SL

0808 808 0123

[www.rnid.org.uk](http://www.rnid.org.uk)

The National Deaf Children's Society have a "Black, young and deaf" project

National Deaf Children's Society

15 Dufferin St

London

EC1Y 8UR

020 7250 0123

[www.ndcs.org.uk](http://www.ndcs.org.uk)

## **聾啞 (Deafness)**

英國全國聾啞學院 (Royal National Institute for the Deaf)

(RNID)擁有一項特別關懷服務給學習障礙者。

RNID

19 – 23 Featherstone Street

London

EC1 8SL

0808 808 0123

[www.rnid.org.uk](http://www.rnid.org.uk)

全國聾啞兒童協會 (National Deaf Children's Society) 亦有一項“黑人，年輕和聾啞” (Black, young and deaf) 計劃。

National Deaf Children's Society

15 Dufferin St

London

EC1Y 8UR

020 7250 0123

[www.ndcs.org.uk](http://www.ndcs.org.uk)

## **SENSE**

SENSE is an organisation supporting deaf/ blind people

SENSE  
11 – 13 Clifton Terrace  
Finsbury Park  
London  
N4 3SR

020 7272 7774

[www.sense.org.uk](http://www.sense.org.uk)

## **SENSE**

SENSE係一個支援聾啞/盲人的機構.

SENSE  
11 – 13 Clifton Terrace  
Finsbury Park  
London  
N4 3SR

020 7272 7774

[www.sense.org.uk](http://www.sense.org.uk)

## **Down's Syndrome**

The Down's Syndrome Association has local area officers to support families. They can be contacted through the main office.

They also produce information on Down's Syndrome in Arabic, Bengali, Chinese, Gujarati, Punjabi, Spanish, Urdu and Welsh.

The Down's Syndrome Association  
Langdon Down Centre  
2a Langdon Park  
Teddington  
TW11 9PS

Tel: 0845 230 0372  
Fax: 0845 230 0373

[www.dsa-uk.com](http://www.dsa-uk.com)

## **唐氏綜合症 (Down's Syndrome)**

唐氏綜合症協會 (Down's Syndrome Association) 在各地區都有官員為有需要的家庭提供援助。  
可通過主要機構與他們聯絡。

備有各種語言的資訊包括阿拉伯語，孟加拉語，中文，古加拉特語，印巴語，西班牙語，烏爾都語和威爾斯語。

The Down's Syndrome Association  
Langdon Down Centre  
2a Langdon Park  
Teddington  
TW11 9PS

電話: 0845 230 0372  
傳真: 0845 230 0373

[www.dsa-uk.com](http://www.dsa-uk.com)

## **Epilepsy**

The British Epilepsy Association runs an Epilepsy Helpline, which is free.

The website also has an email support line.

The British Epilepsy Association  
New Anstey House  
Gate Way Drive  
Yeadon  
Leeds  
LS19 7XY

0800 800 5050

[www.epilepsy.org.uk](http://www.epilepsy.org.uk)

## **癲癇症 (Epilepsy)**

英國癲癇症協會 (British Epilepsy Association) 有一條免付費查詢熱線。

這網頁亦設有電子郵箱。

The British Epilepsy Association  
New Anstey House  
Gate Way Drive  
Yeadon  
Leeds  
LS19 7XY

0800 800 5050

[www.epilepsy.org.uk](http://www.epilepsy.org.uk)

## **Supporting someone with mental health problems.**

There are a number of organisations that support people and families dealing with mental health problems – these are just some of them

MIND (National Association for Mental Health)  
15 – 19 Broadway  
London  
E15 4BQ

020 8519 2122

Infoline 0845 766 0163

[www.mind.org.uk](http://www.mind.org.uk)

### **精神病患者緩助**

有好多機構都會提供緩助給精神病患者和家人 – 這機構只是其中之一

MIND (National Association for Mental Health)  
15 – 19 Broadway  
London  
E15 4BQ

020 8519 2122

Infoline 0845 766 0163

[www.mind.org.uk](http://www.mind.org.uk)

## Child and Adolescent Mental Health (CAMHS)

There will be services within the NHS supporting young people and their families with mental health problems.

A useful website is -

[www.camhs.org.uk](http://www.camhs.org.uk)

### **Palliative Care**

The National Council  
for Palliative Care  
The Fitzpatrick Building  
188-194 York Way  
London N7 9AS

020 7697 1520

[www.ncpc.org.uk](http://www.ncpc.org.uk)

兒童和青少年精神健康(CAMHS – Child and Adolescent Mental Health)

國家健康局 (NHS) 亦有為青少年精神病患者和家人提供援助。

網址 -

[www.camhs.org.uk](http://www.camhs.org.uk)

### **善終護理 (Palliative Care)**

The National Council  
for Palliative Care  
The Fitzpatrick Building  
188-194 York Way  
London N7 9AS

020 7697 1520

[www.ncpc.org.uk](http://www.ncpc.org.uk)

## **Prader-Willi Syndrome**

The Prader-Willi Syndrome Association is a special association for people and families affected by the syndrome.

Through its members, both affected families and the professionals who help them, it is in touch with many of the cases of PWS in this country.

PWSA (UK)  
125a London Road  
Derby  
DE1 2QQ

01332 365676

[www.pwsa.co.uk](http://www.pwsa.co.uk)

### **普達威利症候群 (Prader-Willi Syndrome)**

普達威利症候群協會 (Prader-Willi Syndrome Association) 是特別為患有普達威利症的人而設。

通過協會會員團的幫助，受 PWS 影響的家庭可以時常和主治醫生保持聯絡。

PWSA (UK)  
125a London Road  
Derby  
DE1 2QQ

01332 365676

[www.pwsa.co.uk](http://www.pwsa.co.uk)

## **Sickle Cell**

### Sickle Cell Society

54 Station Road  
London  
NW10 4UA

020 8961 7795

[www.sicklecellsociety.org](http://www.sicklecellsociety.org)

Stephanie Sulaiman has compiled a list of places with sickle cell and thalassaemia counsellors. She can be contacted at:

### Balham Health Centre

120 Bedford Hill  
Balham  
London  
SW12 9HP

020 8700 0615

### **镰形紅細胞 (Sickle Cell)**

### Sickle Cell Society

54 Station Road  
London  
NW10 4UA

020 8961 7795

[www.sicklecellsociety.org](http://www.sicklecellsociety.org)

Stephanie Sulaiman(史蒂芬妮.蘇拉門)持有這方面的專業顧問的資料. 您可通過以下地址或電話號碼與她聯絡:

### Balham Health Centre

120 Bedford Hill  
Balham  
London  
SW12 9HP

020 8700 0615

## **Spina Bifida**

The Spina Bifida and Hydrocephalus Association (ASBAH) can be contacted at:

ASBAH  
42 Park Rd  
Peterborough  
Cambridgeshire  
PE1 2UQ

01733 555988

[www.asbah.org](http://www.asbah.org)

## **脊柱裂 (Spina Bifida)**

以下通訊可助您聯絡脊柱裂和腦水腫醫學會(ASBAH – Spina Bifida and Hydrocephalus Association):

ASBAH  
42 Park Rd  
Peterborough  
Cambridgeshire  
PE1 2UQ

01733 555988

[www.asbah.org](http://www.asbah.org)

## **Sources of useful information on BME issues to do with social care**

There are a number of resources available specifically for BME communities that can help with accessing social care

These include

BLINK – page 43

Commission for Racial Equality - CRE  
- (see page 16)

Joint Council for the Welfare of  
Immigrants - JCWI – page 44

Asian People with Disabilities Alliance – page 45

Confederation of Indian Organisations – page 46

### **黑人和少數民族(BME)社會關懷資訊**

備有多種不同的社會關懷資訊供給 BME 團體去參考

包括

BLINK – 第 43 頁

種族平等委員會(CRE) – (請看第 16 頁)

移民福利聯席議會 – JCWI - 第 44 頁

亞洲人殘障結盟 - 第 45 頁

印度人机构結盟 - 第 46 頁

## **BLINK (Black Information Link)**

This is a very useful website of black information.

BLINK  
Suite 12 Winchester House  
9 Cranmer Road  
London SW9 6EJ  
Tel: 020 7582 1990  
Fax: 020 7793 8269

[www.blink.org.uk](http://www.blink.org.uk)

**Commission for Racial Equality CRE – see page 16**

黑人資訊聯繫 (BLINK - **Black Information Link**)

這網頁提供好多有幫助的資訊.

BLINK  
Suite 12 Winchester House  
9 Cranmer Road  
London SW9 6EJ

Tel: 020 7582 1990  
Fax: 020 7793 8269

[www.blink.org.uk](http://www.blink.org.uk)

**種族平等委員會 (CRE – Commission for Racial Equality) – (請看第 16 頁)**

## **Joint Council for the Welfare of Immigrants**

JCWI is an independent national voluntary organisation, campaigning for justice and combating racism in immigration and asylum law and policy. JCWI provides free advice and casework, training courses, and a range of publications.

Joint Council for the Welfare of Immigrants (JCWI)  
115 Old Street  
London  
EC1V 9RT

020 7251 8708

[www.jcwi.org.uk](http://www.jcwi.org.uk)

## **移民福利聯席議會(Joint Council for the Welfare of Immigrants )**

JCWI 是一個獨立的慈善機構，提倡及爭取種族及難民法令和制度上公平對待。JCWI 提供免費健議及社會工作，訓練課程，和一系列的出版物。

Joint Council for the Welfare of Immigrants (JCWI)  
115 Old Street  
London  
EC1V 9RT

020 7251 8708

[www.jcwi.org.uk](http://www.jcwi.org.uk)

## **Asian People with Disabilities Alliance (APDA)**

APDA was founded in 1988, it continues to be managed and run by Asian people with in depth knowledge and personal experience of disability and caring. It is a non-governmental community organisation.

APDA  
Suite 6 Floor 4  
Alperton House  
Bridgewater Road  
Wembley  
HA0 1EH

020 8902 2113

[www.apda.org.uk](http://www.apda.org.uk)

## **亞洲人殘障結盟(APDA - Asian People with Disabilities Alliance)**

APDA 于 1988 年成立，由資深和有經驗的亞洲人負責管理。這是一個非政府的社會團體。

APDA  
Suite 6 Floor 4  
Alperton House  
Bridgewater Road  
Wembley  
HA0 1EH

020 8902 2113

[www.apda.org.uk](http://www.apda.org.uk)

## **Confederation of Indian Organisations**

CIO (UK)'s South Asian Health Project is aimed at providing increased levels of awareness on a wide range of issues that will impact positively on the mental and physical well being of older Asians. CIO does outreach work with Elderly Asian centres and raises awareness on various health issues and care paths particularly in relation to Cancer, Diabetes, CHD, Obesity, Osteoporosis, Diet, Nutrition and Disability

CIO  
5 Westminster Bridge Road  
London  
SE1 7XW

020 7928 9889

[www.cio.org.uk](http://www.cio.org.uk)

## **印度人機構結盟(CIO - Confederation of Indian Organisations)**

CIO(英國)東南亞保健計劃的宗旨是在各議題中提高對年長亞洲人的醒覺,從而提供精神和物質上的幫助. CIO 亦聯合其他年長亞洲人中心推行各種關心健康活動,尤其關係到癌症, 糖尿病, CHD, 骨格疏鬆症, 日常飲食, 營養和行動不便的議題.

CIO  
5 Westminster Bridge Road  
London  
SE1 7XW

020 7928 9889

[www.cio.org.uk](http://www.cio.org.uk)

## **Financial Help**

This section is broken into two parts – The first deals with national issues and the second with local issues

### **Sources of help with finance -National**

Benefits Agency – page 48

Citizens Advice Bureau – page 48 (also see page 49)

Direct Payments – page 49

Family Fund – page 50

Independent Living Fund – page 51

### **Sources of help with finance – Local**

Council Tax – page 53

Disability Equipment Register – page 54

Housing Corporation – page 56

RADAR – page 57

### **經濟援助**

這個部份分為兩小部份 – 第一部份係關於國家議題，第二部份係關於地方議題。

#### **經濟援助援助 – 國家**

福利處 – 第 48 頁

公民建議辦事處 - 第 48 頁(請看第 49 頁)

直接繳納 - 第 49 頁

家庭基金 - 第 50 頁

獨立生活基金 - 第 51 頁

#### **經濟援助援助 – 地方**

市政會稅務 – 第 53 頁

殘障設備登記處 - 第 54 頁

房屋市政局 - 第 56 頁

RADAR - 第 57 頁

In order to find exactly what help you are entitled to, you should contact your local welfare benefits advisor.

They can be contacted usually via the council offices or by going to the local Citizens Advice Bureau (CAB) – see page 15

Always request an interpreter when you make an appointment if this would help you.

The Department for Work and Pensions produce leaflets explaining different types of benefit.

They are available at Post Offices as well as from the Benefits Office.  
[www.dwp.gov.uk](http://www.dwp.gov.uk)

They are also produced in other languages including Arabic, Bengali, Chinese, Gujarati, Punjabi, Somali, Urdu, and Vietnamese.

[www.dwp.gov.uk/otherlanguages](http://www.dwp.gov.uk/otherlanguages)

如果您想知道您可以申請哪些福利，請向地方福利顧問查詢。

您可通過市政會辦事處或地方公民建議辦事處(CAB)與他們取得聯絡 – 請看第 15 頁

請要求翻譯員幫您作出預約。

工作和退休金部門亦有印刷解釋各種福利的傳單。

您可在郵政局和福利局獲取。  
[www.dwp.gov.uk](http://www.dwp.gov.uk)

這些傳單設有各種語言的譯本包括阿拉伯語，孟加拉語，中文，古加拉特語，印巴語，索馬利語，烏爾都語和越南語。

[www.dwp.gov.uk/otherlanguages](http://www.dwp.gov.uk/otherlanguages)

Increasingly, if people have been assessed as needing a care package, they can claim their money to pay for support directly – this is called "Direct Payments".

The Department of Health has produced guides to Direct Payments and these are available on 08701 555 455 or [www.dh.gov.uk/publications](http://www.dh.gov.uk/publications)

‘A guide to receiving direct payments from your local council’ 40475

‘Easy guide to direct payments’ 33291 (This includes a CD and tape to help explain the payments)

再者，如果某人已經通過評定並而批准獲取福利金，他可以直接獲得此福利金 – 這叫作“直接繳納”。

保健部門亦有提供這方面的指印，請撥 08701 555 455 或 遊覽 [www.dh.gov.uk/publications](http://www.dh.gov.uk/publications).

‘地方福利處直接繳納指印’ 40475

‘簡易直接繳納指印’ 33291 (包括光碟和錄音帶解譯此項福利)

## **The Family Fund**

The Family Fund provides timely grants to families with severely disabled or seriously ill children based on families' views and needs.

They may help with laundry, daily costs and even holidays.

Family Fund  
Unit 4, Alpha Court  
Monks Cross Drive  
Huntington  
York  
YO32 9WN

0845 130 4542

[www.familyfund.org.uk](http://www.familyfund.org.uk)

### **家庭基金 ( The Family Fund )**

家庭基金將會依照家庭上的所需來提供適宜的補助金給嚴重殘疾或獲重病的兒童的家人。

他們亦會提供洗熨，每日消費及假期福利。

Family Fund  
Unit 4, Alpha Court  
Monks Cross Drive  
Huntington  
York  
YO32 9WN

0845 130 4542

[www.familyfund.org.uk](http://www.familyfund.org.uk)

## **Independent Living Fund (ILF)**

The Independent Living Fund may help with the costs of supporting a severely disabled person to live in their own home.

ILF  
PO Box 7525  
Nottingham  
NG8 3RD

0845 601 8815

[www.ilf.org.uk](http://www.ilf.org.uk)

## **獨立生活基金 (ILF - Independent Living Fund)**

獨立生活基金將會提供援助金給嚴重殘障的人，以便可以在家中獨立生活。

ILF  
PO Box 7525  
Nottingham  
NG8 3RD

0845 601 8815

[www.ilf.org.uk](http://www.ilf.org.uk)

There are often changes to the laws about benefits and also people's right to benefits change as their circumstances change.

Therefore it is very important that you regularly review what you are claiming with a benefits advisor.

The benefit you claim is your legal right – it is not a charitable gift, it is your entitlement.

當局會依照法律和個別情況變動而作出更改。

所以您必須要時刻向您的顧問檢閱所獲取的福利。

您所獲取的福利係依照法律所定的權力 – 這不是一種慈善贈品，是您所應得的權利。

## **Sources of financial support - Local**

If you are supporting a person with a learning disability in your family (or you are the person) you may be using some of the benefits already mentioned.

If you are on a low income, you could receive housing benefit towards your rent and a council tax reduction.

You should contact the council, via the housing department, to find out about this.

It may be that you need special adaptations for your home. You may get a grant from the council to help with this. A trained person, sometimes an occupational therapist, will visit you from the council and give you advice on the best options.

### **經濟援助 - 地方**

如果您的家里有學習障礙者須要您的照顧(或者您就是當事者), 您可以申請以上福利.

如果您是低收入者, 您可申請房屋福利和減少市政稅府賦.

您應該通過房屋福利局來聯絡市政府以獲知更多詳情.

或者您在適應家居生活上須要幫助. 您可向市政府索取輔助金. 由市政局所派出專人或治療師可在這方面為您提供最好的意見.

Most councils give advice on adaptations and you should find details of these on your local council website.

There is a Disability Equipment Register

This is a not-for-profit organisation providing a service for disabled people and their families to enable them to buy and sell items of used disability equipment on a direct One-to-One basis.

Disability Equipment Register  
4 Chatterton Road  
Yate  
Bristol  
BS37 4BJ

01454 318818

[www.disabreg.pwp.blueyonder.co.uk](http://www.disabreg.pwp.blueyonder.co.uk)

大多數的市政局都會在這方面提供援助，您只須遊覽其網頁便可獲知更多詳情。

殘障設備登記處 (Disability Equipment Register )

這個慈善團體專為殘障人士和家人提供服務，他們可以以一對一的方式買賣殘障設備。

Disability Equipment Register  
4 Chatterton Road  
Yate  
Bristol  
BS37 4BJ

01454 318818

[www.disabreg.pwp.blueyonder.co.uk](http://www.disabreg.pwp.blueyonder.co.uk)

## Council of Disabled People

The Council of Disabled People have details about equipment and where it can be seen.

[www.bcodp.org.uk](http://www.bcodp.org.uk)

If a person with a learning disability wants to live independently they could visit the Council Housing Department for advice, they could discuss it with their social worker and they could possibly go to a "Housing Association".

These are organisations set up to provide good accommodation at reasonable prices, they do not make a profit.

## 殘障人士市政局 (Council of Disabled People)

殘障人士市政局擁有許多這方面的資料。

[www.bcodp.org.uk](http://www.bcodp.org.uk)

如果一位有學習障礙的人想獨立生活，可以到市政府房屋部尋求援助，或者與社工洽談及到訪“房屋協會”。

這些機構專提供廉價房屋，他們不會從中摩利。

The Housing Corporation provides a list of Housing Associations.

Enquiries & Complaints team  
The Housing Corporation  
1 Park Lane  
Leeds  
LS3 1EP

0845 230 7000

[www.housingcorp.gov.uk](http://www.housingcorp.gov.uk)

Some are specifically for Black people and sometimes for people with learning disabilities.

If you want to rent a place to live, it is now illegal to refuse to rent it to you because of your disability (The Disability Discrimination Act).

房屋市政局備有各個房屋協會的資料。

Enquiries & Complaints team  
The Housing Corporation  
1 Park Lane  
Leeds  
LS3 1EP

0845 230 7000

[www.housingcorp.gov.uk](http://www.housingcorp.gov.uk)

有些專為黑人而設，有些為學習障礙者而設。

如您想租住房屋，對方在法律無權因為您的殘障而拒絕租借（殘障歧視法令）。

There is a Disability Rights Commission Helpline to support you if you feel discriminated against because of disability (see page 21).

08457 622633

RADAR produce a booklet called "Finding Appropriate Housing"

RADAR  
12 City Forum  
250 City Road  
London  
EC1V 8AV

020 7250 3222

[www.radar.org.uk](http://www.radar.org.uk)

這是殘障權力委員會 (Disability Rights Commission) 熱線，如您因為殘疾而受到歧視可撥以下電話 (請看第 19 頁)。

08457 622633

RADAR 印刷了一本名為“尋找合適房屋” (Finding Appropriate Housing) 的手冊。

RADAR  
12 City Forum  
250 City Road  
London  
EC1V 8AV

020 7250 3222

[www.radar.org.uk](http://www.radar.org.uk)

It may be that you can no longer support a family member at home. There are several options.

Perhaps you need a break for a few hours a week or even longer.

Perhaps you need to visit relatives abroad.

In all these cases, respite care may be a possibility.

Respite care may be provided in your home or in residential provision.

Some schemes, such as Crossroads, offer volunteers who will "sit" and spend time with a disabled person.

Ask at your Citizens' Advice Bureau or at Social Services for details of such schemes.

或者您要暫停照顧有所需要的家人。此情況有幾個可能。

也許您需要幾小時或一星期或更久的假期。

也許您需要出國探親。

在這些情況之下，短暫休息關懷可以幫助您。

短暫休息關懷可以在您家中或住宅範圍內提供援助。

有些計劃，例如交叉路(Crossroads)，提供義工去幫助您照顧家中的殘疾人士。

請向國民服務諮詢機構或社會服務處詢問。

If you would like a longer break, social workers are increasingly aware that families may need to visit their homeland for longer periods than the average two week holiday.

If you think your request for respite is not fully understood because English is not your first language, ask for an interpreter to explain your case.

Respite care providers can sometimes be recruited from within your community. Alternatively you may be offered a place in a care home. It should be made quite clear to staff of any concerns you have – possibly about dietary requirements or the gender of carers.

Staff are now being trained in cultural awareness and should understand and respect any request that you make.

(You may have to pay for respite care.)

如您想有較長的假期，社工會預料到其家庭可能要回國多過指定的兩星期。

如果您不是十分明白由英文撰寫的短暫休息關懷內所提及的資料，您可要求翻譯員為您作翻譯。

短暫休息關懷服務可以在您居住的社區內獲得。再者，您可將家中須要照顧的人安置在關懷中心。但是您必須要預先通知有關中心您所關注的事項 – 例如飲食習慣或社工的性別。

社工們對各個種族都會一視同仁，體諒和尊重您所作出的要求。

(這是一個付費服務)

Sometimes people may need to move away from home to live in residential care. The National Care Standards published in 2001 outline the standard of care that people have to receive. These include respecting people's cultural and religious beliefs.

If you need residential care you will be assessed by social services and will have a care manager. They will try to ensure that the package of care put together for you is the best option for you. You can have a big say in this.

If you feel unhappy with any aspect of the care you are offered, you must tell your care manager.

Care homes are inspected to ensure they meet the necessary standards and inspectors will welcome views on peoples' experiences.

It is best to plan for a situation where a person with a learning disability may no longer be able to live with their family so that if there was a sudden crisis people would know what was going to happen. This is far less traumatic for everybody.

有時，可能要搬離住所及安置到社區中心。2001年發表的國家關懷規格（**National Care Standards**）規定每個人所應得的關懷準則。包括尊重每個人的文化習慣和宗教信仰。

在獲得住宅關懷服務前，您必須通過指定規格的察視和被安排一位管理人。他們會保證您所得的服務配套是最適合您的須求。您有權發表任何意見。

如果您不滿意所得到待遇，您必須告知您的管理人。

受到關注的家庭將會被視察以確保一切都係達到指定的要求，監察官好樂意接受任何人的意見。

這是一個非常好的計劃，尤其對於某些將會離開家人的學習障礙者，所以當特殊情況發生時各方面亦知道如何處理。這樣將會幫助減輕各種傷害。

## **Leisure**

Many people with learning disabilities could join in more activities and make more friends if they knew about some of the organisations to support them.

Many of the websites detailed above have links to local clubs and activities you could get involved in.

Mencap run Gateway clubs for people with learning disabilities.

Check the Mencap website for your nearest club and more information about leisure activities.

[www.mencap.org.uk](http://www.mencap.org.uk)

## **閒暇**

如果他們知道有好多機構會在這方面幫助到他們，學習障礙者可以參加更多活動和認識更多朋友，在好多網頁上都可獲得其他社團和活動的詳細資料。

Mencap 旗下的 Gateway 社團係專為學習障礙者而設。

請遊覽 Mencap 網頁以找出最近的社團及獲取更多資料。

[www.mencap.org.uk](http://www.mencap.org.uk)

## Sport

People with learning disabilities may enjoy taking part in sports, it will help with their health.

Mencap Sport was launched in 2005 when Mencap took over the work of the English Sports Association for People with Learning Disability.

Type the word 'sport' into the search on the Mencap website (see page 13)

If you live in London there is a very good website with lots of information about sport in the capital

[www.londonsportsforum.org.uk](http://www.londonsportsforum.org.uk)

Special Olympics take place for people with a learning disability – look at

[www.specialolympicsgb.org/index.html](http://www.specialolympicsgb.org/index.html)

The Sport England website also has some useful contacts

[www.activeplaces.com](http://www.activeplaces.com)

## 運動

學習障礙者可能對運動有興趣，這樣可幫助他們強身健體。

Mencap 在 2005 年取代英國學習障礙運動協會。

請在 Mencap 網頁的搜索空格中輸入 'Sport' (請看第 9 頁)

如果您住在倫敦，以下網頁有許多這方面的資料

[www.londonsportsforum.org.uk](http://www.londonsportsforum.org.uk)

特殊奧運專為學習障礙者而設 – 請看

[www.specialolympicsgb.org/index.html](http://www.specialolympicsgb.org/index.html)

英國運動亦提供這方面的資料

[www.activeplaces.com](http://www.activeplaces.com)

## Advocacy

Advocacy groups try to ensure people with a learning disability know about and get their rights. There are a number of advocacy organisations across the country.

People First is a group set up to promote the rights of people with learning disabilities in society. It is run for and by people with learning disabilities.  
[www.peoplefirst.org.uk](http://www.peoplefirst.org.uk)

Choice and Voice are based in Bristol, they say 'We couldn't find any websites for people with learning disabilities so we thought we would set up our own.'

On this site you will be able to leave messages, meet some pen friends, listen to some music, and leave your views and opinions.

[www.choiceandvoice.com](http://www.choiceandvoice.com)

## 擁護

擁護團體嘗試確保學習障礙者清楚他們的權力。在英國有很多擁護機構。

公民優先 (People First) 團體係為了提升學習障礙者的權力而設。這團體經由學習障礙者管理。  
[www.peoplefirst.org.uk](http://www.peoplefirst.org.uk)

選擇和意見 (Choice and Voice) 設在布里斯托，他們講“我們找不到一個屬於學習障礙者的網頁，所以決定為他們設一個專屬網頁。”

在這網頁您可以留言，交朋友，聽音樂，和留下您的看法和意見。

[www.choiceandvoice.com](http://www.choiceandvoice.com)

CHANGE are another advocacy organisation, they are based in Leeds but are a national organisation

[www.changepeople.co.uk](http://www.changepeople.co.uk)

There can be lots happening for people with learning disabilities. It is worth asking locally if there are any activities for you. Your local branch of Mencap will have this information (see page 13).

CHANGE 係另外一個設在里茲的國營辨護機構。

[www.changepeople.co.uk](http://www.changepeople.co.uk)

對學習障礙者來講，這是一個最新的機構。十分值得向地方辦事處詢問適合您的活動。可在附近的 Mencap 地方辦事處獲取更詳細的資料(請看第 9 頁)。

## Holidays and Travel

If you want to go on holiday or travel abroad there are some agencies to help you. There are some organisations who may be able to provide some financial support towards the costs of holidays. These include:

Handicapped Aid Trust  
15 Church Street  
Lytham  
FY8 5LH

01253 796441

The Family Fund (see page 52)  
Unit 4 Alpha Court  
Monks Cross Drive  
Huntington  
York  
YO32 9WN.

0845 130 4542

[www.familyfundtrust.org.uk](http://www.familyfundtrust.org.uk)

### 假期和旅行

如果您想出外度假或者出國，有幾個代理處可以幫助您。有些機構可在旅行花費上提供經濟援助。包括：

Handicapped Aid Trust  
15 Church Street  
Lytham  
FY8 5LH

01253 796441

The Family Fund (請看第 50 頁)  
Unit 4 Alpha Court  
Monks Cross Drive  
Huntington  
York  
YO32 9WN.

0845 130 4542

[www.familyfundtrust.org.uk](http://www.familyfundtrust.org.uk)

## **Holiday Care**

Holiday Care attempts to give everyone the opportunity to get away at least once a year with family and friends.

They do not provide funding for holidays but may be able to direct you to a number of organisations who do. Holiday Care's mission is to help disabled and older people lead independent lives by enhancing their ability to travel.

[www.holidaycare.org.uk](http://www.holidaycare.org.uk)

0845 124 9971

Tourism for All  
The Hawkins Suite  
Enham Place  
Enham Alamein  
Andover SP11 6JS

Again search for holidays on the Mencap website for lots of links and resources (see page 13)

## **假期關懷 (Holiday Care)**

假期關懷試圖提供每個人至少一年一次和家人朋友出外旅行。

他們並沒有提供經濟緩助但是可以介紹您一些相關的機構。假期關懷的宗旨係幫助殘障人士和老人可以獨立生活和提升他們出外旅行的能力。

[www.holidaycare.org.uk](http://www.holidaycare.org.uk)

0845 124 9971

Tourism for All  
The Hawkins Suite  
Enham Place  
Enham Alamein  
Andover SP11 6JS

請遊覽 Mencap 網頁獲取更詳細的資料(請看第 9 頁)。

## Travel

Train travel can be made easier by having a disabled persons railcard. Looking at the national rail enquires website will give you information about the physical accessibility of stations.

[www.disabledpersons-railcard.co.uk](http://www.disabledpersons-railcard.co.uk)

[www.nationalrail.co.uk](http://www.nationalrail.co.uk)

You may be able to claim the mobility part of the Disability Living Allowance for your transport costs. If you are claiming the higher rate of Disability Living Allowance you can apply for Motability – this will help you to lease or buy a car so you can travel more easily - the website has information in lots of languages.

[www.motability.co.uk](http://www.motability.co.uk)

## 旅游

殘障人士火車優惠卡可在您坐火車旅游時提供優惠。請遊覽國家火車局網頁而獲知更多在火車站和火車內的殘障設施。

[www.disabledpersons-railcard.co.uk](http://www.disabledpersons-railcard.co.uk)

[www.nationalrail.co.uk](http://www.nationalrail.co.uk)

您可向殘障津貼部索取遊費。如果您想索取更高的津貼，您以向 **Disability Living Allowance** 申請 – 他們會幫助您租賃或者購買一部家用車，從而使您更能夠行動自如 – 這網頁設有各種不同語言的資料譯本。

[www.motability.co.uk](http://www.motability.co.uk)

Your local social services department will have details of the "blue badge" scheme which allows disabled people to park with no charges and in some restricted areas.

Disabled people can often also get free passes for their local transport.

Taxis cannot refuse to take you because you are disabled. Many firms now have specially adapted cars.

Due to the Disability Discrimination Act, disabled people should be able to travel by public transport in safety and comfort.

地方辦事處將會為您提供“藍徽章”計劃的資料，使您可以免費泊車和准許泊在禁區。

殘障人士亦可獲得免費使用公共交通通行証。

計程車不會因為您的殘障而拒載。大部分計程車都備有殘障坐位。  
在殘障歧視法令下，殘障人士有權在安全和舒適的情況下使用公共交通。

## Moving On

When a young person leaves school there may be many choices for them. Families need to find out about these. One of the best places to find information is - [www.movingonup.info](http://www.movingonup.info) (see page 11)

Another useful website is run by the Transition Information Network, who also produce a magazine called 'My Future Choices'

020 7843 6006  
[www.transitioninfonetwork.org.uk](http://www.transitioninfonetwork.org.uk)

Children from 14 onwards will be given an assessment by social workers on their future needs and you will be involved in planning future action. If a young person has not received ones of these then ask social services to complete one, they are important for the future.

## 繼續成長

當青少年離開學校后可以作出多面的選擇。家人應該要了解這方面的資料。請遊覽以下網頁 - [www.movingonup.info](http://www.movingonup.info) (請看第 10 頁)

另外一個網頁係由成長資訊聯絡網舉辦，亦出產稱為“我的未來選擇”(My Future Choices) 的刊物。

020 7843 6006  
[www.transitioninfonetwork.org.uk](http://www.transitioninfonetwork.org.uk)

14 歲以上的小朋友會通過一項關於他們未來須要的察視，您亦須要參加這項未來計劃活動。如果您的小朋友并未通過這項察視，請告知當地的社區中心，這項計劃對他們的未來非常重要。

Young people can also receive help on future plans from their careers officer or Connexions advisor.

For information on these services contact your local education office or the national number.

Connexions

080 800 13 2 19

[www.connexions.gov.uk](http://www.connexions.gov.uk)

All services should be working together to complete one plan for the future.

青少年也可向看護人官員或連結顧問尋求幫助。

更多資料請聯絡地方教育辦事處或國家號碼。

Connexions

080 800 13 2 19

[www.connexions.gov.uk](http://www.connexions.gov.uk)

All services should be working together to complete one plan for the future.

Some people with learning disabilities study a variety of courses at colleges.

Some colleges are especially designed to support students gain skills to live as independently as possible.

Certain colleges are residential and can support people with a range of disabilities. All college staff should be trained in providing services that are culturally aware.

The Learning and Skills Council is responsible for all post 16 education and training.

The Learning and Skills Council Cheylesmore House  
Quinton Road  
Coventry  
CV1 2WT

0870 900 6800  
[www.lsc.gov.uk](http://www.lsc.gov.uk)

有些學習障礙者在學院里學習多項課程。

有些學院專門提供課程讓學生學習生活上的各種技巧。

一些學院屬於住宅方式及提供課程給各別的殘障者。所有的工作人員都經過特別訓練以避免種族沖突。

學習和技能市議會 (The Learning and Skills Council) 負責所有 post 16 教育與訓練。

The Learning and Skills Council Cheylesmore House  
Quinton Road  
Coventry  
CV1 2WT

0870 900 6800  
[www.lsc.gov.uk](http://www.lsc.gov.uk)

NATSPEC (The Association of National Specialist Colleges) promotes education and training in residential or day settings, for students with disabilities.

NATSPEC  
Kevin O'Brien  
Chief Executive  
39 Sanders Rd  
Quorn  
Loughborough  
Leicestershire  
LE12 8JN

01509 554357  
[www.natspec.org.uk](http://www.natspec.org.uk)

國家特殊學院協會 (NATSPEC) 提升殘障學生住校或每日上課的教育和訓練。

NATSPEC  
Kevin O'Brien  
Chief Executive  
39 Sanders Rd  
Quorn  
Loughborough  
Leicestershire  
LE12 8JN

01509 554357  
[www.natspec.org.uk](http://www.natspec.org.uk)

SKILL (The National Bureau for Students with Disabilities) promotes opportunities for young people and adults with any kind of disability in post-16 education, training and employment.

Skill  
Chapter House  
18-20 Crucifix Lane  
London  
SE1 3JW

0800 328 5050  
[www.skill.org.uk](http://www.skill.org.uk)

SKILL(國家殘障學生委員會)提供机機會給 post 16 教育內的殘障青少年及成人一個訓練和就業機會.

Skill  
Chapter House  
18-20 Crucifix Lane  
London  
SE1 3JW

0800 328 5050  
[www.skill.org.uk](http://www.skill.org.uk)

Some organisations support people with learning disability into work. Some of the national providers are

The Rathbone Society

[www.rathbone.co.uk](http://www.rathbone.co.uk)

(on-line contact available via the website)

The Shaw Trust

[www.shaw-trust.org.uk](http://www.shaw-trust.org.uk)

01225 716350

Remploy

[www.remploy.co.uk](http://www.remploy.co.uk)

0800 138 7656

有些機構為學習障礙者提供工作上的緩助。這些國營提供者包括

The Rathbone Society

[www.rathbone.co.uk](http://www.rathbone.co.uk)

(可通過網頁取得連線聯絡)

The Shaw Trust

[www.shaw-trust.org.uk](http://www.shaw-trust.org.uk)

01225 716350

Remploy

[www.remploy.co.uk](http://www.remploy.co.uk)

0800 138 7656

## Further Help

There are many organisations that can offer various support and ideas to people with disabilities so that they can lead full and interesting lives. These are just some of them.

Many organisations have websites that give links to other sources of help. Libraries today can usually help you to access the internet.

AbilityNet is an organisation to assist adults and children to use computers and computer equipment.

0800 269545  
[www.abilitynet.co.uk](http://www.abilitynet.co.uk)

Youreable.com is a website with a wide range of information for disabled people.

[www.youreable.com](http://www.youreable.com)

### 更多幫助

好多機構都會為殘障人士提供緩助及意見，令他們可以生活得更美滿。這些資料只不過是其中的一部份。

好多機構的網頁都會提連結到其他相關網頁。現時的圖書館都可以上網。

網絡能力 (AbilityNet) 可為兒童及成人提供上網緩助。

0800 269545  
[www.abilitynet.co.uk](http://www.abilitynet.co.uk)

Youreable.com 係一個專為殘障人士提供各種資料的網頁。

[www.youreable.com](http://www.youreable.com)

If you live in London the organisation GLAD (Greater London Action on Disability) can provide information and advice.

GLAD  
336 Brixton Road  
London  
SW9 7AA

020 7346 5800  
[www.glad.org.uk](http://www.glad.org.uk)

An organisation called Ricability assesses equipment for disabled people and produces unbiased reports.

Ricability  
30 Angel Gate  
City Road  
London EC1V 2PT

020 7427 2460  
[www.ricability.org.uk](http://www.ricability.org.uk)

如果您住在倫敦, GLAD(倫敦市區殘障活動)可為您提供這方面的資料及意見.

GLAD  
336 Brixton Road  
London  
SW9 7AA

020 7346 5800  
[www.glad.org.uk](http://www.glad.org.uk)

一個名為 Ricability 的機構會對殘障設備作出評定及提交公正的報告.

Ricability  
30 Angel Gate  
City Road  
London EC1V 2PT

020 7427 2460  
[www.ricability.org.uk](http://www.ricability.org.uk)

We hope that this information has been helpful to you.

Good luck for the future

我們希望這些資料可以幫助到您.

祝您好運