

Welcome to Let me tell you about my ability...

Hello,

This community psychology project was created by the Mental Health of Learning Disability team (MHLDD) as a way to celebrate people with a learning disability. Our hope was to offer a platform for individuals who have a learning disability to share their wisdom and achievements as well as the challenges and barriers that society can place on their path.

In our last edition (March 2024), we shared The Tree of LD, shining a light on the individuals behind the scenes, as well as on the frontline.

In this edition, we wanted to showcase the richness of experiences from those working with people with learning disabilities. Hearing from psychologists, doctors and nurses, occupational therapists, speech and language therapists, care home workers and allied health professionals, we explore how working with people with a learning disability inspires and motivates them in their work and personal lives.

Building on the previous edition of the Tree of LD, we have created a Forest of Professionals and Supporters that someone with a learning disability may meet along their journey. Each person provides a lens through which we can appreciate the value of working in learning disabilities services. The quotes illustrate the meaningful impact that working with people with learning disabilities has continued to have on their lives.

[To read all of the responses click here](#)

We hope you enjoy reading our latest edition.

If you would like to read previous editions of Let me tell you about my ability, please visit the Kent and Medway NHS and Social Care Partnership Trust's [website](#) and scroll to the bottom of the page.

Or, recommend to others to sign up to receive this newsletter or other publications from KMPT by visiting the website too. [Sign up today](#)

How does working with people with a learning disability inspire you and/or motivate you either at work or in your personal life?

Speech & Language

“There is always so much to learn from working with our lovely people, they often amaze me with their resilience”

“However much I might try to give to them, they always give so much more in return”

“Each person I have worked with over the years, has individually taught me something new about human nature, the world or myself.”

“It has taught me to stop, to slow down and to see the small things to be joyful about”

Psychology

“I am inspired by stories I hear... about skills, persistence during hard times, determination to keep going, determination to help others during hard times and people’s wish to stand up against disability injustice”

“People with learning disabilities have also taught me the true meaning of the phrase 'where there's a will, there's a way!' - its incredible what we can do together.”

Occupational Therapy

“Supporting a person with Learning Disability to feel fulfilled and meaningfully engaged is worth its weight in gold”

“When I tell people I work with adults with learning disabilities most people mention how hard this must be - I love telling people that it is the opposite. It opens your mind and it brings me so much joy to make a positive impact on peoples lives.”

How does working with people with a learning disability inspire you and/or motivate you either at work or in your personal life?

Doctors and Nurses

“Working with people with a learning disability provides a different perspective to living a fulfilled life.”

“I enjoy the interaction with my students and treat them as part of my family”

Allied Health Professionals

“[People with a learning disability] remind me to enjoy the little things in life, not take things for granted, and that personal relationships are the most important thing.”

“The ongoing appreciation for the “simple” things in life is infectious. The joy they express when visiting a favourite place, going for coffee with a friend or enjoying their favourite hobby inspires me to remember to enjoy things I may otherwise overlook”

Allied Health Continued

“[It] gives a sense of pride you can help other people and make a difference to their lives”

“Working with adults with LD offers unique perspectives in my working life and fosters an appreciation of how those with disabilities set about their tasks with determination to achieve their goals”

“You can also learn from your client base to help develop and further your own skills and needs”

“It is a privilege to be invited into people’s homes and to offer support and help. I can’t imagine doing anything else”

“I feel rewarded that I can help other people.”

“I support people with a learning disability to live a better quality of life by....”

Speech & Language

“Helping people enjoy things we all take for granted, like spending time with people and enjoying meals”

“Increasing their opportunities for interaction with others. Supporting the person and those around them to communicate with each other in the best way for the person”

“I don't change people with a learning disability - I'm helping to change the world!”

“Listening and by simply being kind.”

“Ensuring the person gets the best quality of service I am able to provide this involves listening and finding out about a persons life journey and what factors have brought about a need for Occupational Therapy. “

Psychology

“Listening to people's skills, what is important to them in life and what their hopes are for the future”

“Enabling them to make informed choices through accessible information so they have control in their life.”

“Setting aside my own assumptions and biases to listen and be with the person in front of me.”

Occupational Therapy

“I support people with a learning disability to live a better quality of life by....”

Doctors and Nurses

“Breaking down barriers to ensure equal access to health care”

“Ensuring their rights as citizens are maintained at all times, that they have access to the services and community that they wish to and they have the right to quality life in the community.”

“Ensuring that those around them feel able and empowered to understand and optimally support them.”

“Trying to understand clients’ unique goals and aspirations in life, and do my best to facilitate them, in as independent a way as possible.”

Allied Health Professionals

“Empowering them to achieve their personal goals and supporting them to try new things and push themselves within their capacity and individual skill set.”

Allied Health Continued

“Challenging them to be the best they can, through creative, educational, and practical sessions...to help them develop essential life skills and the confidence so they can make their own choices, both large and small.”

“Working alongside them as valued members of the team, facilitating their progress in the workplace environment and valuing their ideas and skills. Creating a happy and safe place for them to be.”

Take a look at our
project information
sheet

Take a look at our
participant
information sheet

Take a look at our
easy read
participant sheet

Thank you to everyone who contributed to this edition: **Taylor Haines-Green**, Trainee Clinical Psychologist, MHL, **Jerri Callis**, Trainee Clinical Psychologist, MHL, **Kim Berisha**, Trainee Clinical Psychologist, MHL, **Yasmin Mackay-Wade**, Clinical Psychologist, MHL and **Iris Kleinberg**, Clinical Psychologist, MHL.

If you have lived experience of a learning disability and would like to submit a poem or piece of artwork for a future publication, please contact us at kmpt.mhld.communitypsychologyproject@nhs.net