



# Caring for the Physical and Mental Health of People with Learning Disabilities

*David Perry, Louise Hammond, Geoff Marston, Sherryl Gaskell, James Eva*

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People with learning disabilities are at greater risk of physical and psychiatric illness than the population at large, but their health needs are often not adequately supported.

This book is a practical guide for those caring for people with learning disabilities living in community settings. It is designed to help the carers to better understand what the service users' health needs may be, how to recognise problems, and how to meet their needs. Chapter topics include physical health issues such as epilepsy, common health problems and diet and well-being; mental health issues such as dementia, depression, bipolar disorder and anxiety; and information related to common issues such as sleep and swallowing problems. The book also includes advice on screening programmes and health checks.

Written in an accessible and straightforward style, this book will be an invaluable guide for anyone caring for someone with a learning disability, including social carers, health facilitators, community nurses and family carers.

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