



Services for adults with physical disabilities



Picture (right) The **Ability Centre, Carmondean** - a purpose built resource centre for people with disabilities in West Lothian.



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UK information about disability is available in:

Shqip Albanian | عربي Arabic

বাংলা Bengali 中文 Chinese

فارسی Farsi Français French

ગુજરાતી Gujarati .. Soomali Somali

Español Spanish ... Português Portuguese

Türkçe Turkish

1 Contact us

Physical Disability Team, c/o Livingston Social Work Centre

☎ 01506 777777 ☎ Textphone 01506 463195

..... ☎ Fax 01506 777711

Ability Centre Carmondean Centre Livingston EH54 8PT ☎ 01506 774066

..... ☎ Fax 01506 774063

Sensory Resource Centre 📧 sensorycentre@westlothian.gov.uk

..... ☎ ☎ voice & text 01506 77 44 90

📱 SMS text 07867 65 11 96

2 Emergency contact numbers

In the event of an out-of hours social care emergency, contact:

☎ Tel: 01506 777401/ 777402 ☎ Fax: 01506 777403

..... ☎ Textphone: 01506 777404



Community care services for adults with physical disabilities in West Lothian

3 Translation into different languages and formats	We can provide basic information in a variety of formats e.g. Braille, tape, BSL and various community languages. If you need information to be provided in one of these formats or need an interpreter for a meeting, please contact us.
4 Our values and aims	<p>We are working to achieve the aims set out in our Community Care Plan. This says that people with physical disabilities should have, as far as possible, the same opportunities, rights, and responsibilities as everyone else. They should be involved in making choices, and receive help if needed.</p> <p>Families and carers needs are also very important. Carers should receive support and be involved in any changes.</p>
5 Partnership working	<p>We work closely with health, housing, employers, colleges, and organisations run by or for people with physical disabilities. We have a Physical Disabilities Forum which meets to share experiences and plan together.</p> <p>West Lothian Council provides all the assessment services and some of the day care and support. We also work with selected voluntary and independent agencies. They provide housing, day and support services in many towns and villages.</p>
6 Advice, advocacy and information	<p>A range of helpful information, printed leaflets and factsheets is provided at West Lothian Council information points such as the Ability Centre and Strathbrock, as well as on the Social Care website. You can also ask for information at your local social work office, council information office, health centre or library.</p> <p>Disability West Lothian is an independent, local organisation that can provide information and advocacy. It is based at:</p> <p>West Lothian Ability Centre ☎ Voice 01506 774030 Carmondean Centre Road..... ☎ Textphone 01506 774044 Livingston..... 📠 01506 774031 West Lothian..... 📱 Mob Text: 07742 232978 EH54 8PT 📧 enquiries@dl.demon.co.uk</p> <p>Sensory Resource Centre ☎ Voice 01506 774490 📠 Fax: 01506 774491 St John`s Hospital Livingston EH54 6PP ☎ Textphone 01506 774490</p> <p>Other sources of useful local information include:</p> <p>Lothian Centre for Integrated Living (LCIL) ☎ 0131 475 2350 West Lothian Council: all enquiries..... ☎ 01506 775000 NHS in West Lothian ☎ 01506 419666 National organisations 📖 Directory enquiries</p>
7 Support for carers	<p>Carers and family members have the right to be consulted, and can ask for an assessment of their own needs. Carers can have a say in any services or plans made for the person they care for. Services provided for carers by West Lothian Council, West Lothian Carers Centre, Crossroads and other agencies include:</p> <ul style="list-style-type: none"> • information and support for carers • overnight respite • home based respite (sitting service) • voluntary support groups



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The Princess Royal Trust Carers Centre
 Strathbrock Partnership Centre, 189a West Main Street, Broxburn, EH52 5LH
 01506 771750
 Fax: 01506 858882
 email: office@carers-westlothian.com

8 What services are provided in West Lothian?

People with disabilities are valued citizens and are welcome to use all the public services across West Lothian, private or public.

Sometimes people with disabilities need help to use these services. We have both general and specialist support services provided for people with particular needs such as sensory impairment and community rehabilitation and brain injury service. (CRABIS)

If you would like use a service, then you may need to have an assessment first. Contact us - by phone, letter, fax or email.

Some of the services are listed below. Other services may be available - please ask. We will try to offer support designed to give you (and your carer) as much choice and independence as possible.

9 Make plans for your life

Help is available to help you achieve your goals, whatever your interests and level of ability:

care management: you can have an assessment by a social worker, and a review of your needs when they change.

- your care plan is an opportunity to write down what you want to do and how we will help you to achieve your goals
- **direct payments** may be used to manage your own support, if you are eligible
- There are lots of things to do in West Lothian. Day support services - social work or independent support services in or out of the **Ability Centre**, with a choice of:
 - Occupational activity such as **work experience, job placements, paid, part or full time work**
 - **volunteering** - using your skills to help the community
 - **leisure, sport and the arts** - there are many exciting opportunities to develop your talent
 - **social groups** and activities for most ages and interests
 - **college - full or part time courses in West Lothian or nearby:** ☎ 01506 427931
 - Independent living skills
 - Peer group support

10 Find a place to stay

There are choices to make about where to live. It's worth planning a move well in advance. It can take time to put together the right package of support and any adaptations. Choices may include:

- support in the family home
- a place of your own or with friends
- care home or sheltered housing
- aids and/or adaptations to your home
- moving to a different home

Don't rely on heresay - ask a social worker or qualified advisor to let you know about the choices you may have.



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11 Keep well and healthy	Most regular health services and health information can be accessed through your family GP and health centre. Specialist services and clinics for most conditions are available either at St Johns Hospital or in Edinburgh. NHS 24 Scotland . ☎ 0845 42 42 424
12 Links and phone numbers to Scottish and UK advice and information services	<p>National Helplines directory ☎ 0845 120 3767 Free Benefits advice ☎ 0800 88 22 00 The Care Commission ☎ 0845 60 30 890 Local information for West Lothian ☎ 01506 77 50 00</p> <p>Capability Scotland ASCS ☎ 0131 313 5510 (Advice Service Capability Scotland) 📠 Fax: 0131 346 1681 11 Ellersly Road..... ☎ Text: 0131 346 2529 Edinburgh EH12 6HY 📧: ascscapability-scotland.org.uk</p>
13 Suggestions and complaints	<p>If you use services, are eligible for services, or act on behalf of someone who is, then your views are very important to us. Please let us know how we can improve the service.</p> <p>Please talk in the first instance to a member of staff. If you then want to make a written suggestion or complaint about any social work service, you can write to the Head of Social Policy at West Lothian House, Almondvale Boulevard, Livingston, EH54 6QG. ☎ 01506 775000 for assistance, or email: 📧 marlyn.young@westlothian.gov.uk</p>
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