

# Intellectual Disability Parent Information Sessions 2022

## What is it?

The CAMHS Intellectual Disability Team together with the City of Edinburgh Psychological Services will be delivering 7 information sessions on Intellectual Disability (ID) in children and young people. We invite parents and carers across Lothian to join if your young person has a diagnosis of an Intellectual Disability.

These sessions will be delivered online and they are free of charge.

**Please note this session is for parents and carers ONLY**, we aim for it to remain as a safe space for parents/carers to gain information and ask questions. If you are a professional (e.g. teacher, social worker, doctor) and not a parent/carer please do not attend the live sessions, you can access the materials through the Vimeo link below.

The sessions will cover the following topics:

Session:	Date:
<b>Session 1: What is an Intellectual Disability?</b>	<b>Thursday 27<sup>th</sup> October, 11.00-12.30</b>
<b>Session 2: Understanding behaviour and how to manage challenging behaviour</b>	<b>Thursday 3<sup>rd</sup> November, 11.00-12.30</b>
<b>Session 3: Supporting communication</b>	<b>Thursday 10<sup>th</sup> November, 11.00-12.30</b>
<b>Session 4: Sensory differences in ID</b>	<b>Thursday 17<sup>th</sup> November, 11.00-12.30</b>
<b>Session 5: Developing and supporting play</b>	<b>Thursday 24<sup>th</sup> November, 11.00-12.30</b>
<b>Session 6: Sexual health and relationships. Supporting communication</b>	<b>Thursday 1<sup>st</sup> December, 11.00-12.30</b>
<b>Session 7: Parental and sibling well-being</b>	<b>Thursday 8<sup>th</sup> December, 11.00-12.30</b>

Prior to each session you will receive an e-mail reminder of the date and time, in addition to the link for the NearMe Group platform where the sessions will be delivered via video call. If you don't receive these e-mails please check your junk or spam folder.

You will need a stable internet connection and a device that has a microphone and camera (e.g. a tablet or laptop).

Please note that these are information sessions only and you will be signposted to the relevant services should you require individual input. You are welcome to attend all of the sessions; however they do not build upon one another so you are able to attend a select few which you would find most beneficial if that is your preference. If you miss a session the slides have been recorded and are available at: [Child and Adolescent Intellectual Disability Information Sessions on Vimeo](#)

### **How do I sign up?**

Parents must sign up for this event using this link:

<https://www.eventbrite.co.uk/e/child-and-adolescent-intellectual-disability-information-sessions-tickets-412741339457>