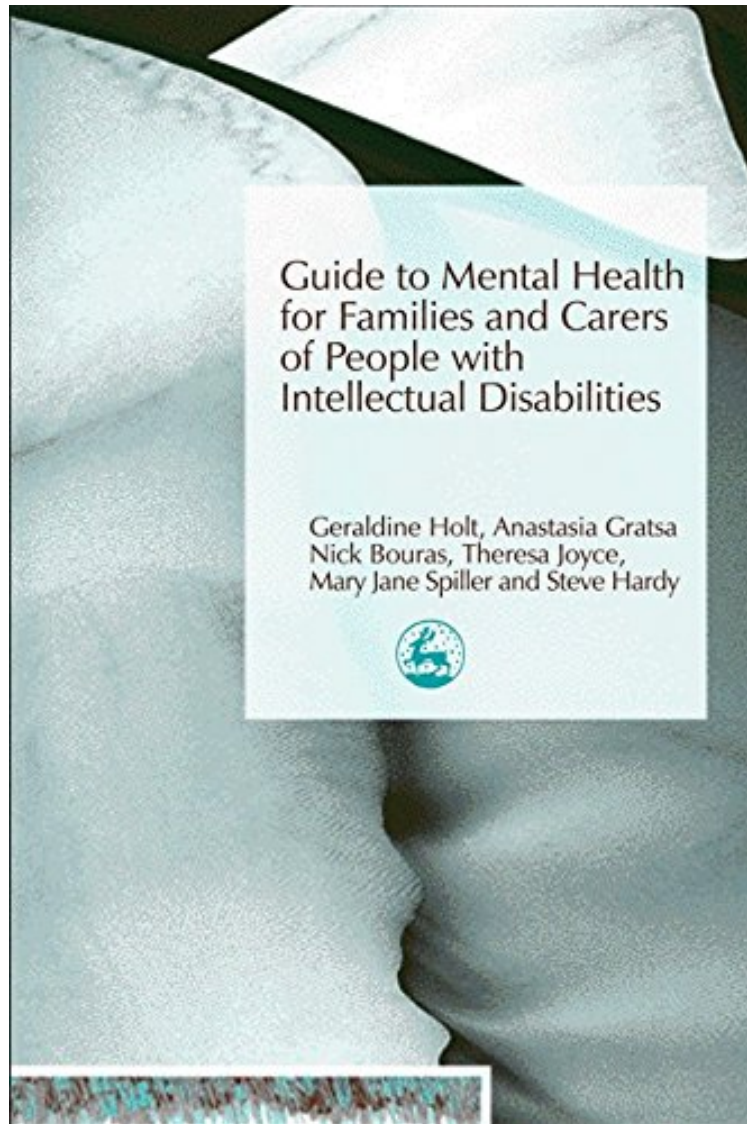


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Guide to Mental Health for Families and Carers of People with Intellectual Disabilities

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From Brand: Jessica Kingsley Pub : Guide to Mental Health for Families and Carers of People with Intellectual Disabilities before purchasing it in order to gauge whether or not it would be worth my time, and all praised Guide to Mental Health for Families and Carers of People with Intellectual Disabilities:

A practical and comprehensive introduction for carers to mental health problems, this accessible guide outlines a range of signs and symptoms of mental health problems that can affect people with intellectual disabilities. The guide explains why mental health problems develop, and advises on what can be done to help people with intellectual disabilities and carers themselves. With chapters on specific disabilities such as autism and epilepsy, the authors cover topics such as: * treatment and interventions for mental health problems * getting the best services and understanding policy around mental health and intellectual disabilities * legal issues, for example, what it means to 'give consent' * carers' needs and support for carers. Written with advice from carers and people with intellectual disabilities who use mental health services, this book is an essential resource for all those who care for, and with, people with learning disabilities.

Highly commended by the National Institute for Mental Health in England (NIMHE) Positive Practices Awards in the Learning Disabilities and Mental Health category for 2004 --National Institute for Mental Health Highly commended by the National Institute for Mental Health in England (NIMHE) Positive Practices Awards in the Learning Disabilities and Mental Health category for 2004 'The guide covers, in detail, a complex body of knowledge, in both a sensitive and accessible manner. It is neither patronising nor lofty in its approach, recognizing the needs of families and carers as central at all times. This target audience should find it of real benefit in demystifying the complex issues and challenging situations with which they are faced and in accessing a directory to additional support available.' (Journal of Interprofessional Care) This book is authored by renowned practitioners in the field and highly recommended by the National Institute for Mental Health in England Positive Practices Awards. As the authors point out, mental health problems are more common in people with intellectual disability, while posing unique diagnostic problems. Moreover, carers can have difficulty in accessing information, and in knowing how to help the person they care for in the best possible way. It may be difficult for carers to find out what the symptoms to look out for, how to access help, and what they can do for the person they care for. It can also be difficult for carers to know how to safeguard their own rights and needs, in the midst of caring for a person with intellectual disability. This guide should help them access such information. The book is clearly laid out, with a summary of each chapter provided in the beginning of the guide, and a list of 'key messages' preceding each chapter. Case studies are used to illustrate the points being made. The book provides contact details for further useful resources within each chapter. (Journal of Applied Research in Intellectual Disabilities) This is an innovative exploration of an important issue, of international interest. (Child and Adolescent Mental Health) In addition to support group contact details, there is also information about their legal rights, ethical issues, respite services, crisis resolution, and planning for the future. In addition to being laid out in a clear, systematic, and easy to use book, the authors provide an excellent further reading list and glossary to accompany a text that will be helpful to all carers. (Journal of Mental Health) The authors of the Guide to Mental Health for Families and Carers of People with Intellectual Disabilities have produced a handbook that helps give a greater depth of understanding and empathy concerning the needs of families and carers. This book will significantly help health care professionals and service users to appreciate through the guide's systematic approach that people with learning disabilities who are also experiencing mental health problems have complex needs. This book is a very welcome addition to our descriptive armour concerning composing a thorough practical approach to guiding and directing families on the best available move towards good clinical governance and therefore this book published by Jessica Kingsley is highly recommended. (International Journal of Production Research) 'The guide will be of value to paid carers as well as family carers. It provides introductory information about mental health problems as they present in people with learning disabilities, and advises carers on their role. It covers a wide range of topics, from anxiety and advocacy to mental health legislation, in a straightforward way. I recommend this guide to intellectual disability mental health services and carers' centres as a useful resource which will help families and carers get more out of services and enhance their own understanding of supporting people with intellectual disabilities who also have mental health problems'. (The Mental Health) This book aims to increase the understanding of mental illness and associated behaviour, therefore leading to improved quality of life for both the person with ID and their carers. Knowledge in issues relevant to caring can equip the carer to be more assertive and responsive regarding the needs of the person that they support. Readers are encouraged to explore linking and networking as opposed to standing alone. General information needs can easily be neglected by clinicians and professionals but this book fills the gap (Journal of Intellectual Disability Research.) As a family carer I think it's helpful to have some basic knowledge about mental health, especially about signs and symptoms. I hoped that reading the book would help me to build up my knowledge and find out more - and it did. The book more than met my expectations in that respect. The resource lists at the end of each chapter are particularly good. The book is a good guide to mental health, and one that will be useful for carers. (Living Well) About the Author Geraldine Holt is Consultant Psychiatrist in Learning Disabilities at South London and the Maudsley NHS Trust and Honorary Senior Lecturer at the Institute of Psychiatry, London. Anastasia Gratsa is a psychologist at the Estia Centre, Institute of Psychiatry, London. Nick Bouras is Professor of Psychiatry at the Institute of Psychiatry and Consultant Psychiatrist at South London and the Maudsley NHS Trust. 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Spiller is a researcher at the Estia Centre. Steve Hardy is the Training Co-ordinator at the Estia Centre and a Registered Nurse in Learning Disabilities.