

# Who to refer?

## 1. Adults with mild or moderate learning disability

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To help us identify the people we want to speak to, please consider whether they have any problems that may be due to a learning disability. For example with:

- Reading
- Writing
- Managing money
- Looking after their personal care
- Telling the time
- Cooking
- Communicating

We are interested in people with a mild to moderate learning disability. If you know that someone has a severe learning disability you don't need to refer them, otherwise we'll decide.

## 2. Who also have type 2 diabetes

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- Type 2 diabetes usually appears in people over the age of 40, although it can appear much younger especially in South Asian and black people.
- Type 2 diabetes accounts for between 85 and 95% of all diabetes. It is often, but not always, associated with being overweight.
- Type 2 diabetes is usually treated with a healthy diet, increased physical activity and sometimes tablets.
- Type 2 diabetes is very occasionally treated with insulin. You do not need to refer someone who is on insulin.