

Some Common Disabilities and Illnesses: Where To Get More Information

AUTISM: Autism is thought to be a problem caused by the way the brain has developed. People with Autism often have difficulty learning things and talking to other people. They also find it hard to make friends and tend to repeat things over and over again.

ASPERGER SYNDROME: People with Asperger Syndrome have similar problems to people with Autism but they can often be quite clever and can speak quite well but they find it hard to deal with other people and can find everyday things very confusing and upsetting. For more information about Autism or Asperger you can contact the National Autistic Society Tel: 0845 070 4004
Web: www.nas.org.uk

ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD): This is a problem where children find it hard to control their behaviour and/or pay attention to other people. They may also act without thinking about the affect it might have on themselves or others. All children can be like this sometimes but when children have ADHD it is very hard to grow out of as it may be caused by a brain problem or inherited through their genes. For more information contact ADHD UK Alliance Tel: 020 7608 8760
Web: www.netdoctor.co.uk/diseases/facts/adhd

ASTHMA: Asthma is an illness that affects people's breathing. People with asthma find that if they come in contact with something they are allergic to their airways become narrower making it harder to breathe. Asthma can usually be controlled by people taking the right medicines. For more information contact Asthma UK Tel: 0800 1216244 (9am-5pm)
Web: www.asthma.org.uk

CANCER: Most cancers develop into lumps (tumours) that grow in the body and take oxygen and food without giving anything in return. They can spread to nearby parts of the body and stop them working. Nowadays most cancers can be cured by **Surgery** where the tumour is cut out, by **Radiotherapy** where the cancer is zapped with radiation or **Chemotherapy** where it is poisoned with very strong drugs. For more information contact Cancer Backup Tel: 0808 808 0000
Web: www.macmillan.org.uk

EPILEPSY: People with epilepsy are just like everyone else, except they have occasional fits or seizures which can make people black out. This is caused by an upset with the chemicals in the brain which cause brain signals to become scrambled. Epilepsy can usually be helped by medicine.

For more information contact Epilepsy Action Tel: 0808 800 5050

Web: www.epilepsy.org.uk or email: helpline@epilepsy.org.uk

LUPUS: People with Lupus have an allergy to their own bodies. This means that their immune system which would normally protect them from harm instead attacks their bodies, causing tiredness, aches and pains and other serious problems. Patients can learn to live with the symptoms with help from medicines and support.

For more information contact Lupus UK. Tel: 01708 731 251

Web: www.lupusuk.com

M.E. (Myalgic Encephalomyelitis/Encephalopathy): People with ME get very tired and have problems with their memory, concentration and pains in their muscles. People with ME tend to have good and bad days. It is also known as Chronic Fatigue Syndrome (CFS) or Post Viral Fatigue Syndrome (PVFS).

For more information contact: Action for ME Tel: 0845 1232314 (11am-3pm)

Web: www.afme.org.uk

MULTIPLE SCLEROSIS (MS): People with MS have damaged nerve fibres which means that messages from the brain do not get to other parts of the body. People with MS may have trouble walking, feel extremely tired, have problems with their eyesight and sometimes their brain. People can have good and bad days and some people get better for long periods.

For more information please contact the MS Society Tel: 0808 800 8000

Web: www.mssociety.org.uk

SICKLE CELL/THALASSAEMIA: People with Sickle Cell Anaemia have a problem with their blood that makes their red blood cells, which carry oxygen around the body, stick together. Because of their shape, these cells then can't squeeze through veins properly which means that they get blocked up and this stops oxygen from getting through to where it is needed. This in turn can lead to severe pain and damage to the body. People who have Thalassaemia also have a problem with their blood and need a regular blood transfusion from blood donors to keep them alive. They will also have to take special drugs to keep their new blood healthy.

For more information contact the Sickle Cell Society Tel: 020 8961 7795

Web: www.sicklecellsociety.org or

UK Thalassaemia Society Tel: 020 8882 0011 Web: www.ukts.org

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Lewisham Carers Centre,

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