

Learning disability and conditions



A condition is a medical problem or illness.



For example, asthma is a lung condition which can make it difficult for you to breathe.



A learning disability is a condition.



A learning disability is not the same as a [learning difficulty](#).



A learning disability is to do with the way someone's brain works.

It makes it harder for someone to learn, understand or do things like making friends, managing money or doing jobs around the house.



People with a learning disability can take longer to learn and may need support to develop new skills, understand difficult information and talk to other people.



If you have a learning disability, you might also have some other conditions.



Some of the other conditions you might have are:

- [Asperger Syndrome](#)
- [Autism](#)
- [Cerebral palsy](#)
- [Challenging behaviour](#)
- [Down syndrome](#)
- [Fragile X syndrome](#)
- [Global developmental delay](#)
- [Learning difficulties](#)
- [SYNGAP1](#)
- [Williams syndrome](#)



You can contact the Learning Disability helpline for more information and support about learning disability and other conditions you might have if you have a learning disability:

- email Helpline@mencap.org.uk
- phone 0808 808 1111

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