

Welcome to your Health Assessment



People with learning disabilities are more likely to have a health problem than other people. Some people with learning disabilities do not know what services are there to help them. This Health Action Plan will help you get the services you need to stay well and healthy.

Things you need to remember when filling out your plan are:

1. It is your plan and belongs to you. You choose what information goes in it.
2. You may not need to fill it all in, just the parts that you think are important, and want people to know.
3. It might take a little while to fill it in, and you may need to get some information from health people you see.

To get the most from your Health Action Plan, you should:

- Take it to all your appointments.
- Keep it up-to-date.
- Keep it in a safe place.
- Only share it with people that you need to.

Tell us if you have a good idea about other health information sheets that could be included in your Health Action Plan. Call the Customer Services Team on 0800 183 0912 or email pals@calderdale-pct.nhs.uk

We hope you find the plan helpful.



About me



This is me. I like to be called:



My address is:



My phone number is:



My birthday is:



My NHS number is:

About me



In an emergency, please contact



Their relationship to me is:



Their address is:



Their phone number is:

About my plan



This plan will help me:

- look after my health
- tell me where to go if I need help and advice
- remember my health appointments



Who helped me write this plan



Who I want to look at this plan



Where I will take this plan

This is my plan. Other people can see my plan but only if they ask me first.

About caring for me



My main care worker is:

I can contact my care worker at:



Important things you need to know when talking to me

About my mental health and wellbeing



Things I like to do that make me happy



Things that make me sad

I can talk to my doctor or main carer if I am feeling sad or worried about anything.

About my doctor



My doctor's name is



My doctor's address is



My doctor's telephone number is



My doctor's surgery is open

I can go to see my doctor if I am worried about my health or if I want more information.

I can choose which doctor I want to see.

If I can't get an appointment to see my doctor I should contact Customer Services Team on 0800 183 0912 or email pals@calderdale-pct.nhs.uk and they will help me.

Other doctors and health professionals I see



Important things about my health



In the past, I have had the following problems:

Health problem	What was done

Family history:

People in my family have had health problems that I may get too

Relative	Date	Condition

Important things about my health



What I want you to know about my health needs and conditions



These are the medicines I am taking to keep me well
This might not be an up-to-date list of all my medicines,
so please check.



This is the extra help I need to take my medication



What I should do when my tablets run out

About my annual health check



Every year I can make an appointment at my doctor's surgery for my annual health check.

At my annual health check someone at the surgery will talk to me to make sure I am getting everything I need to keep me well.



My next annual health check is on:



Things I need to talk about at my next annual health check.

My Health Action Plan



To improve my health, I need to:

I do this by:

The people who help me to do this are:

My plan must be reviewed by:

My Health Action Plan



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To improve my health, I need to:

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The people who help me to do this are:

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My appointments



Who is my appointment with:



When and where:



What I need to take:



Who takes me:



What happened:



I have another appointment on:

My appointments



Who is my appointment with:



When and where:



What I need to take:



Who takes me:



What happened:



I have another appointment on:

About my teeth



A dentist is someone who helps me look after my teeth. My dentist's name is



My dentist's address is



My dentist's telephone number is



My dentist is open

If I want to register with a dentist I can call the Dental Line on 01422 281576. This is an answerphone so leave a message.

If I am in a lot of pain, I can call the Emergency Dental Line 0345 605999 Monday to Friday, 9.00 to 5.00 or at other times on 0845 122 0221.

If I have a problem, I can call the Customer Services Team on 0800 183 0912 or email pals@calderdale-pct.nhs.uk and they will help me.

About my eyes



My optician's name is



My optician's address is



My optician's telephone number is



My optician is open

I can go to see my optician if I have a problem with my eyes.

I should have regular eye check-ups at my opticians.

If I can't get an appointment to see my optician I should contact Customer Services Team on 0800 183 0912 or email pals@calderdale-pct.nhs.uk and they will help me.

The team have a list of opticians who will come to my home if I cannot get to the opticians.

About my feet



The person who helps me to look after my feet is



Their address is



Their telephone number is



They are open



Things I can do to look after my feet

About my local chemist



What is a chemist?

- A chemist is sometimes called a pharmacist.
- They get my medicines ready for me.
- I can ask my chemist if I have a problem with my medicine and if I need advice and information about my health.

They can also...

- Help me find ways to remember to take my medicine.
- Show me how to use and keep my medicine safely.
- Help me choose medicines for things like colds and sore throats.
- Tell me if there are different ways to take my medicine if I find it difficult to swallow.

I can...

- Ask to talk to a chemist in private if I want to.
- Take a friend, family member, or carer with me if I want to.



My local chemist's address is



Their telephone number is



They are open

About my healthy lifestyle



What I should eat to stay healthy



How I keep active

If I want more information on how to live a healthy life I can contact Calderdale Health Trainers on 01422 281529.

Looking after my breasts



Why is it important?

Checking your breasts can help find early signs of cancer.

What I can do

- First get to know how your breasts feel.
- Once a month in a warm bath or shower, check your breasts by looking at them and feeling them.
- Always do this in a private place, like in the bathroom.

What should I do if I notice any changes?

- See your doctor. You can ask to see a lady doctor if you would prefer.
- If you want you can take a friend or care worker with you.

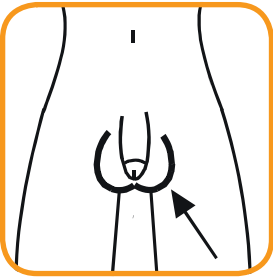
Breast screening

- Your doctor may suggest you go for breast screening. This may be in a hospital or clinic. Just tell your doctor if you would prefer to see a lady nurse when you get there.
- At your breast screening appointment you will be asked to take off your top and bra.
- A specialist nurse will then x-ray your breasts. They will tell you when you will get your results.
- If you are over 50 you should go for breast screening every three years. Your doctor will be able to tell you about this.



My next breast screening appointment is

Looking after my testicles



Why is it important?

Checking your testicles or 'balls' can help detect early signs of cancer.

What can I do?

- You should check your balls once a month. It is best to do it standing up.
- Put your hand under your balls so you can feel the weight.
- Carefully roll each one gently between your finger and thumb.
- Check for lumps or changes in size.
- See if they are sore to touch.
- Do this in private and in a place which is warm. This could be in the bathroom after a bath or shower.

What if I am worried?

- If you find something that worries you, see your doctor.
- You could ask for a male doctor if you would prefer.
- If you want you can take a friend or care worker with you.

Smoking



Did you know?

Smoking cigarettes is bad for your lungs and heart. Cigarette smoke is poisonous. If you smoke you can get help to stop.

What can I do?

- You can see your doctor if you want to stop smoking.
- You can call the Calderdale Stop Smoking Service on:
01422 281505

How can Calderdale Stop Smoking Service help me?

- The service is free and confidential.
- They will help you stop smoking.
- They can tell you about medicines that can help you to stop smoking.
- Specialist advisors will help you with different ways to do this.
- They will give you advice on how to stay stopped.
- This will happen in a health centre, hospital, or other community place.



My next stop smoking appointment is

Alcohol



Did you know?

Alcohol is a drug.

It is found in drinks like wine and beer.

Drinking too much can be bad for you - it can make you fatter and can be harmful to your liver, stomach, heart and brain.

You should not:

Drink alcohol if you are pregnant.

Drive after you have drunk alcohol.

How much is safe to drink?

	1 unit	1.5 units	2 units	3 units	9 units
UNIT guide					
	Half pint of regular beer/lager	Small glass of wine	Half pint of strong beer/lager	Large bottle/can of strong beer/lager	Bottle of wine
					30 units
	Single spirit shot	Alcopop bottle	Large bottle/can of normal beer/lager	Large glass of wine	
	MEN - Should not regularly drink more than 3-4 units a day (no more than 21 units per week).				
	WOMEN - Should not regularly drink more than 2-3 units a day (no more than 14 units per week).		Medium glass of wine		Bottle of spirits

Who can I talk to?

If you are concerned about drinking alcohol, you should talk to someone. This could be your doctor or contact Calderdale Drugs and Alcohol service on 0800 0283901 or 01422 361111.



Did you know?

- There are many different types of drugs.
- Some make you feel relaxed. Some give you energy.
- Some can change the way you see things.
- Some make you feel happy and some make you feel down.
- Some can make you confused or scared, and some can make you feel sleepy.
- Illegal drugs can seriously damage your health.

What you need to know about drugs

- Once you have started taking some drugs it can be very hard to stop and you may need some help.
- Some drugs are illegal.
- The police can arrest you if you have these drugs.
- Giving and selling drugs is also illegal. You get into a lot of trouble for doing this.

What if I am worried?

- If you have any questions or worries about drugs, talk to someone. This could be a family member, carer, care worker, nurse, or doctor.
- You can also call Calderdale Drugs and Alcohol service on 0800 0283901 or 01422 361111.

Contraception and sexual health



Safer sex

Safer sex means making sure you don't catch a sexually transmitted infection (STI). Your best protection is to use a condom. Not just sometimes, but every time you have sex.

You can get free condoms and help and information from the Contraception and Sexual Health Service.

How can the Contraception and Sexual Health Service help you?

They can advise and support you on:

- Having safe sex
- Choice of contraceptive methods
- Emergency contraception
- Testing and treatment for sexually transmitted infections (STIs)
- Pregnancy testing
- If I think I am pregnant and don't know what to do.

For help and advice on my sexual health or to make an appointment call 01422 363541.

If I need help with an interpreter just let the person on the phone know and they will help me.

Notes



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List of useful numbers



NHS Calderdale Customer Services Team

4th Floor,
F Mill

Dean Clough
Halifax. HX3 5AX

Tel: 0800 183 0912
pals@calderdale-pct.nhs.uk

NHS Direct - 0845 4647.

Community Learning Disability Team

Health and Social Care,
1 Park Road

Halifax, HX1 2TU Tel: 01422 363561

Halifax Information Shop - has a drop-in service

Tel: 01422 330033

www.easyhealth.org.uk

Health information in easy to read leaflets.