

# Health Action Plans

What are they?  
How do you get one?

(A booklet for People with learning disabilities)



**Valuing People:**

A New Strategy for Learning  
Disability for the 21st Century



# What is a Health Action Plan?

Having your own Health Action Plan can help you to be healthy.

A Health Action Plan tells you about:

- Things you can do to be healthy
- Help you can get.

If you are a young person or adult with learning disabilities, the Department of Health says you should have a Health Action Plan.

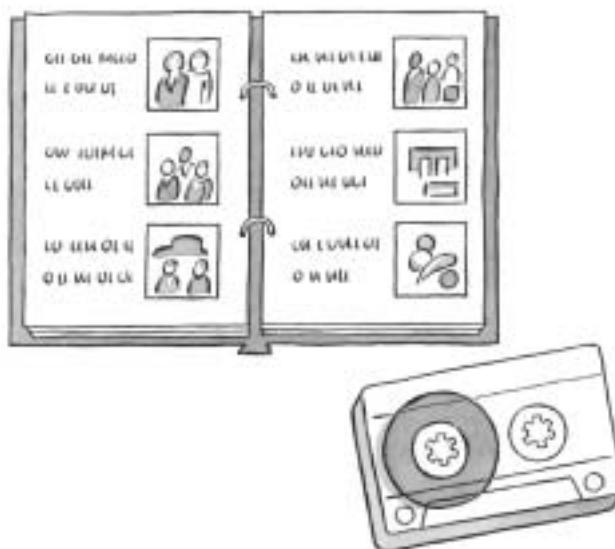
This booklet tells you more about Health Action Plans and how to get one.



# What does a Health Action Plan look like?

There will probably be two copies of your Health Action Plan.

- One for you with easy words, pictures, or on tape.



- One for your family doctor, or GP – on paper, or on a computer.

<i>Health Action Plan</i>		
<i>Area of Need</i>	<i>Action</i>	<i>By Whom</i>
• UH MEO I UHCUH	• L IO EM IOEIO	• UH O HPE LUIU
• IL FENO LLO ILL	• UT IOI EMH	• LO IIO ME UHI
• LI UVE L OICU	• OME E UH ULI	• UH MIO ILO
• VUM O IHMEH	• LO EME H	• UO IIO UH ME
• L OIL MO IL UH	• IIO IOM UVEI	• H L O MEU IIO
	• OIPE IIO IL	• LI IO IUUHU

Other people can have a copy of your Health Action Plan if you say this is OK.

Your Health Action Plan is for you. You say what is important to you. But your doctor, nurse or another health worker will think about what to put too.

# How do you get a Health Action Plan?

- Talk to your doctor, nurse or another health worker. Ask them to help you start making a Health Action Plan.
- Talk to staff or supporters who help you at home, or during the day. Tell them you want to start a Health Action Plan.
- Talk to your family, or friends. Show them this booklet. Ask them to help you get a Health Action Plan.
- Start making your own Health Action Plan.
- If you already have another plan about your life, or your health, then your Health Action Plan can be part of that.



# What happens next?

- Make an appointment to see a health worker you know and trust. This might be your doctor, nurse, or someone else who helps you with your health.
- Tell the health worker that you want a Health Action Plan.
- If you have already started your Health Action Plan, take it with you to the appointment.
- Ask your health worker to check your Plan to make sure that it is right for you. Your health worker can also help you to finish your Plan, and get things moving.



# Being healthy

Your Health Action Plan will have information about things you can do to be healthy, like:

- Getting the right information about your health
- Doing the right things to look after yourself if you have problems with your health
- Talking to a doctor or nurse if you are ill, worried about your health, or in hospital
- Talking to other people who can help you keep healthy
- Eating food that is good for you
- Doing exercise
- Being safe at home, or when you are out
- Getting your eyes, ears and teeth checked
- Having enough money and somewhere nice to live
- Having friends and interesting things to do.





# Being healthy Things to do and think about

- Draw a picture of yourself looking happy and healthy.
- Then think about all the different things that make you feel happy and healthy. They might be things like going out to the cinema with your friends, keeping a health problem under control, or losing a bit of weight.
- Write or draw these around the picture of yourself.
- What things do you do now?
- What other things do you want to do?
- You can use the box below for your thoughts and ideas.



Being healthy...

# Getting help to be healthy

Your Health Action Plan will say what help you need to look after yourself and stay healthy. Different people can help you, like:

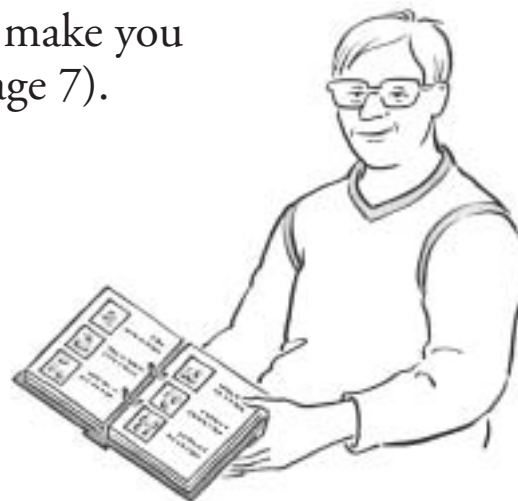
- Family and friends
- Staff who help you at home, or during the day
- Your supporter, or someone else you trust
- Doctors and nurses
- Other health workers, like opticians or dentists
- Other people, like librarians, social workers, fitness instructors, or teachers.



# Getting help to be healthy

## Things to do and think about

- Look at the list of things that make you feel happy and healthy (see page 7).
- Do you need help to do any of these?
- Who could help you?
- What help and information might these people give you?



You can use the box below for your thoughts and ideas.

Getting help to be healthy...

# More information about Health Action Plans

You can get more information about Health Action Plans from:

- People who help you, like staff or supporters
- Your doctor or nurse
- Other health workers at your clinic, or health centre.

Ask to make an appointment to talk about Health Action Plans.



# More information about being healthy

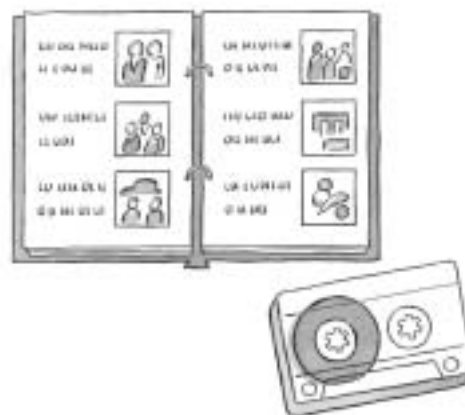
Here are some books and tapes about being healthy. You might need some help with the words on this page.

**‘The healthy way’** is a pack and tape about how to stay healthy.

You can get a free copy from:



Department of Health  
PO Box 777  
London, SE1 6XH  
**0 8 7 0 1 5 5 5 4 5 5**



**‘Books beyond words’** is a series of 20 books about keeping well and healthy. The books are for people who understand pictures better than words. You can find out more from:



Book Sales  
The Royal College of Psychiatrists  
17 Belgrave Square  
London, SW1X 8PG  
**0 2 0 7 2 3 5 2 3 5 1**

**‘Your good health’** is a set of 12 booklets and tapes about things you can do to keep well. You can find more from:



BILD Publications  
Plymbridge Distributors  
Plymbridge House  
Plymouth, PL6 7PZ  
**0 1 7 5 2 2 0 2 3 0 1**



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*Other books in the Health Action Plan series are*

Health Action Plans and Health Facilitation , Good Practice Guidance for Learning Disabilities Partnership Boards (Easier to read version – reference no 28602)

Action for Health, Health Action Plans and Health Facilitation. Good Practice Guidance on Implementation for Learning Disability Partnership Boards (detailed version - reference no 28600)

*You can get tapes of the following books from end August 2002*

Health Action Plans and Health Facilitation, Good Practice Guidance for Learning Disability Partnership Boards (Easier to read version – reference no 28611)

Health Action Plans, What are they? How do you get one  
(booklet for People with Learning Disabilities – reference no 28612)

Copies of the books are on our website  
[www.doh.gov.uk/learningdisabilities](http://www.doh.gov.uk/learningdisabilities)

Free copies of all the books are available from:

Department of Health Publications  
PO Box 777  
London SE1 6XH  
Fax: 01623 724524  
E-mail [doh@prolog.uk.com](mailto:doh@prolog.uk.com)

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