

Health Checks and Health Action Plans

Lots of GP practices in the City are now doing a health check every year for people who have a learning disability.



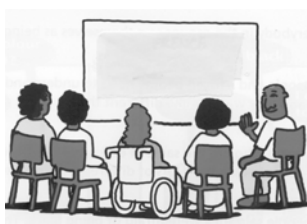
You will get a letter asking you to make an appointment for your health check. It might be a doctor or practice nurse who sees you. It might even be both!



The person who does your health check will also write a health action plan for you.

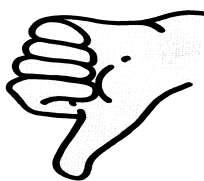
Health Action Plan		
Name Othman Ali	Health Facilitator George Hogan	
Address 82 Warham Road Newtown MSO 99P	Address Newtown CLDT, Frederick Street, MS07 4PL	
Telephone No 01247 412120	Telephone No 01247 621489	
	Date last reviewed 7.1.02	
	Current review number 2	
Area Description of Health Need	Health Action	Action By
Physical Exercise and Mobility Othman requires full support to mobilise and exercise.	George - physiotherapist to visit Othman on Tues 10.30 am on Fridays for physiotherapy sessions. Muhammad - support/Supervise staff to follow daily exercise plan with Othman, as described on exercise sheet. Family to complete evening and weekend exercises.	George Muhammad Raylene staff
When ascending Othman's left leg for employment pain.	Othman to be given physiotherapist pain relief - Numbered Medicine 300mg - 15 mg at 10.00 am or about 30 minutes before exercise.	Othman Family
Othman uses a wheelchair with moulded seat.	George to monitor Othman's seating position and condition of wheelchair.	George
Othman enjoys being outside watching birds.	Muhammad to take Othman for a regular walk outside.	Muhammad

Every GP practice that is doing this gets some training from Natalie, the Health Facilitator. The training helps them understand more about people who have a learning disability and how to help them.



please turn over....

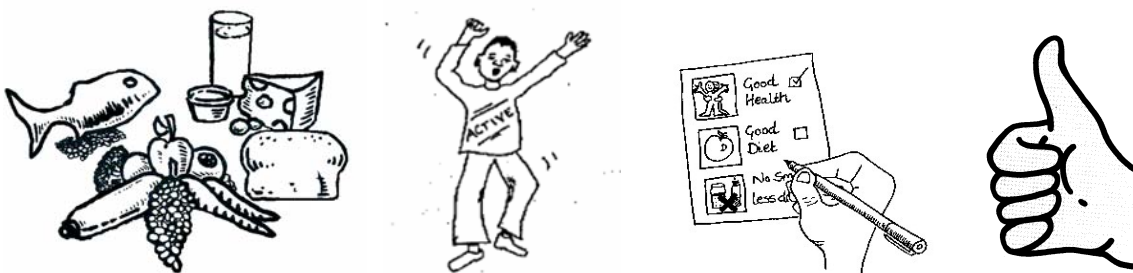
You don't have to get a health check and health action plan if you don't want to.



You can put your health action plan with your person centred plan if you want to.



The health check can help you to be more healthy. It will make sure all your health problems are looked after.



If you want to know more about health checks you can look on the Partnership Board web site at the Healthy Lives page



You can also ask Natalie for information. These are her contact details.

Natalie Winterton

Health Facilitator

Community Learning Disability Team

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