

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		
<b>Name</b> Othman Ali	<b>Health Facilitator</b> George Hogan	
<b>Address</b> 62 Warthen Road Newtown NW7 6NP	<b>Address</b> Newtown CLDT, Frederick Street, NW7 4PL	
<b>Telephone No</b> 01247 412120	<b>Telephone No</b> 01247 021488	
	<b>Date last reviewed</b> 7.1.02	
	<b>Current review number</b> 2	
Area Description of Health Need	Health Action	Action By
Physical Exercise and Mobility	George - physiotherapist to visit Othman on Tues 10.30 am at Bayview for physiotherapy session.	George
Othman requires full support to mobilise and exercise.	Muhammed - keyworker/Bayview staff to follow daily exercise plan with Othman, as described on exercise sheet. Family to complete evening and weekend exercises.	Muhammed Bayview staff
When exercising Othman's left leg he experiences pain.	Othman to be given prescribed pain killer - Nurofen Medicine 300mg - 15 mls 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 buses.	Muhammed to take Othman for a regular walk outside.	Muhammed

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



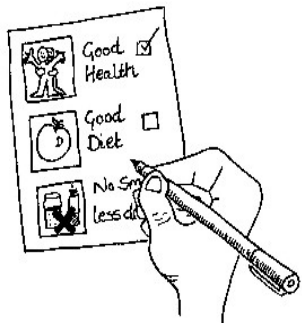
You don't have to get a health check and health action plan if you don't want to.



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 the Health Facilitator for information

These are the contact details for the Health Facilitator:



Natalie Winterton  
Health Facilitator  
Community Learning Disability Team  
86 Denmark Villas, Hove, East Sussex, BN3 3TY



01273 295550

## Health Checks and Health Action Plans In Brighton & Hove

