

INFORMATION FOR THE FACILITATOR

Section 1 is to support a person's understanding of a health action plan. It is for someone who has some understanding of spoken language.

This section gives very basic information about health action plans.

There is a question sheet to check the person has understanding of the information given.

Section 2 is a checklist of health issues for you to consider with the individual, if they choose to have a health action plan. There is an example of what a health action plan could look like, but it is important to remember that the plan can be in any format, specific to each individual plan, e.g. easy words, pictures, or on a tape.

With thanks to:



With acknowledgments to

Pictures used have been taken from Change Picture Bank, www.changepeople.co.uk

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Section 1



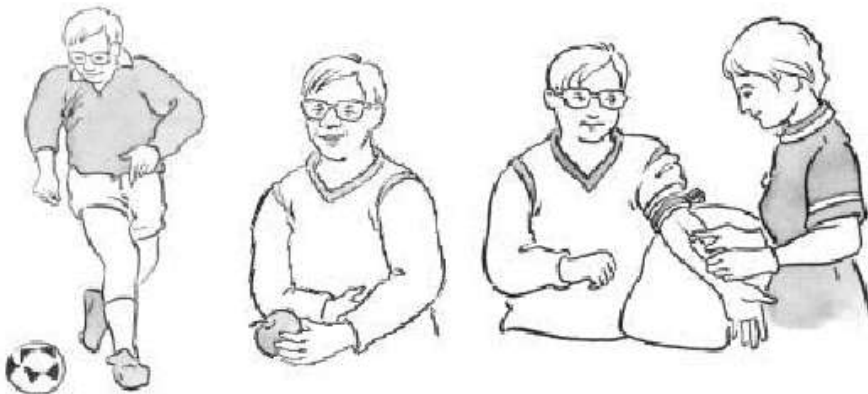
Health Action Plans

This section tells you about Health Action Plans.



What is a Health Action Plan?

- A Health Action Plan can help you be healthy.
- It helps you think about what things you do now which make you feel happy and well.
- It helps you to think about what other things you can do to be healthy.
- It helps you to plan what help you might need to be healthy.



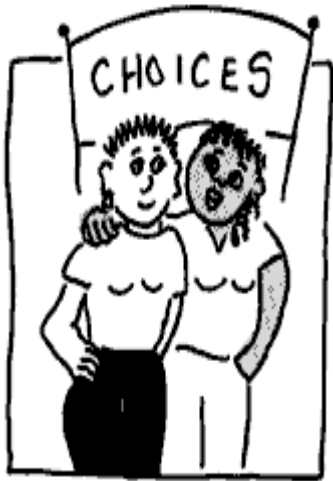


Your Health Action Plan will help you to think about things you can do to be healthy, like;

- Finding information about your health.
- Learning how to make your health better.
- Talking to a doctor or nurse when you feel ill or worried about something.
- Talk to other people to help you feel healthy.
- Eating healthy food that is good for you.
- Doing exercise.
- Being safe at home and when out.
- Getting your eyes, ears and teeth checked.
- Having enough money and somewhere nice to live.
- Having friends and interesting things to do.

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What happens when you have a Health Action Plan?

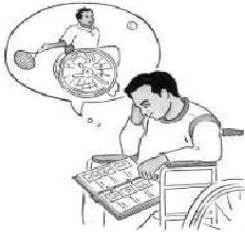


- You can have a facilitator; a facilitator is someone to help you.
- You can choose a helper; this may be your carer, a friend or somebody else.
- This person should be someone you trust and who you can tell what you are thinking.
- They will help you with your Health Action Plan.
- You may already have a facilitator helping you with your person centred plan. They can help you with your Health Action Plan.



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What will the facilitator do?



- They will help you to think about how you can be healthy.



- They will listen to what you want.

Area of Need	Action	By Whom
• Low blood pressure	• Get blood pressure checked	• By 10/15/10
• High blood pressure	• Get blood pressure checked	• By 10/15/10
• High cholesterol	• Get cholesterol checked	• By 10/15/10
• Diabetes	• Get diabetes checked	• By 10/15/10
• Obesity	• Get obesity checked	• By 10/15/10
• Depression	• Get depression checked	• By 10/15/10
• Smoking	• Get smoking checked	• By 10/15/10
• Alcohol use	• Get alcohol use checked	• By 10/15/10

- They will help you plan what you are going to do to be healthy. (They will help you write a plan).
- They will help you plan what support you need to be healthy.



- They will talk to other people to help you be healthy (you choose who you want them to talk to).

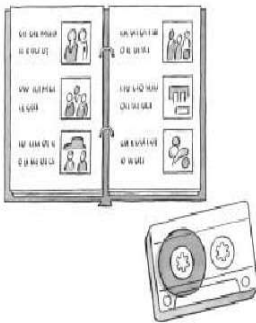
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What is a plan?

The plan will say:-



- What health needs you have.
- How you want to be healthy (this might be things like going to the cinema with friends, keeping a health problem under control or losing a bit of weight).
- What help you need



The plan can look however you want it to look; easy words, pictures, tape.

- It can be part of your person centred plan.
- You keep you Health Action Plan.
- You choose who sees your plan.
- You may want your doctor to see/have a copy.



One example of a Health Action Plan.

Health Action Plan

Name:

Completed with:

Date:

Health Issue:

Health Action:

Review Date:
Responsible
person:

I would like to share my plan with:

Appendix 1

Questions to check understanding of Health Action Plans, section 1.

Go through these questions with the person after you have finished section 1.

They can look at section 1 to help them answer the questions.

- 1. What is this booklet about?**
- 2. What is a Health Action Plan?**
- 3. What sort of things will a Health Action Plan help you think about so that you can be healthy.**
- 4. What will a facilitator do?**
- 5. What will a plan say?**

Any more comments about Health Action Plans?

Do you want a Health Action Plan?



Section 2. Health Action Plan Checklist

Here is a list of health issues you might want to think about for your plan. You may want to think about what help you already have and if you need more help. You may want to visit a doctor, dentist, optician or other health worker to help make sure you are healthy.

<u>Area of Health</u>	<u>Questions to think about:</u>
General Health	<p>Do you know how tall you are?</p> <p>Do you know what you weigh? Have you lost or gained any weight recently? Do you think you weigh too much or not enough?</p> <p>Do you smoke? How many do you smoke?</p> <p>Do you drink alcohol? How much do you drink? Do you know what your blood pressure is?</p> <p>Has anything happened in your life or before you were born that has affected your health.</p> <p>Has anyone in your family got any health problems that may mean you could get them too, like high blood pressure, heart problems, diabetes and cancer?</p>



Area of Health

Questions to think about:

Medicines



Do you take any medicines (tablets, syrup)?

Do you have any problems taking medicines?

Do you need any help to take your medicines?

Is there anything that makes you feel ill when you swallow it, touch it or it comes near you (an allergy)?

Special Health



Do you have any special health needs that you already know about like epilepsy, asthma, diabetes or high blood pressure.

Do you need any help to look after your special health needs?

Have you had a recent check up with your doctor?

Good

Communication



Do you have difficulty talking or letting others know what you feel or think?

Do you use speech or signing or communication aids

How do you tell others that you are happy, sad or in pain?

Keep my eyes and ears healthy

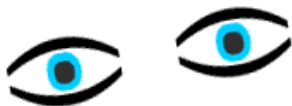


Do you have any problems seeing?

Do you have any problems hearing?

Do you wear glasses or a hearing aid

When were your eyes/ears last tested?



Do you need any help to look after your eyes/ears?

Area of Health

Questions to think about:

Keeping my Teeth healthy



Do you have any problems with your teeth?

When was the last time you had your teeth checked?

Do you need any help to look after your teeth?

Keeping my Feet healthy



Do you have any problems with your feet?

Are you able to cut your toenails?

Do you need any help to look after your feet or toenails?

Healthy Eating



What sort of food do you eat?

Are you eating well?

Do you have problems with eating or swallowing?

Do you need any help during mealtimes?

Area of Health

Questions to think about:

Keeping my body physically healthy

What sort of exercise do you like?

Do you get any exercise?



Special Equipment

Do you have difficulty moving parts of your body?

Do you need things to help you move around like a walking stick, frame or a wheelchair?

Do you need any help to move around?



Do you check your breasts (Information is at the back)
For women

Have you had a smear test?

Do you have regular periods?

Do you have any close relationships?

Do know about safe sex, or would like to know



Area of Health Questions to think about:

Health issues for Men



Do you check your testicles (balls)

Information on this is at the back.

Do you have any close relationships?

Do you use contraception or need advice
this?

Do you know about safe sex? Would you
like to know more?



Are there things that often make you feel sad,
scared, worried or angry?

Has anything changed the way you feel for
example someone dying or moving house



Do you sleep well at night?



Health Check Ups

Having health check ups

To make sure you are staying healthy, you should have regular check ups with your dentist, optician and chiroprapist if you have one. These check ups will help to spot any problems with your teeth, eyes and feet.



You should also ask your doctor for a health check up once a year. This check up will help to find any other problems, which the doctor will be able to help you with. There are some other check ups. These are different for men and women.

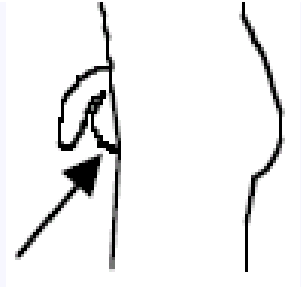
Health check ups for men



Men can get cancer in their balls (testicles). This is called testicular cancer. This cancer is not common, but some men do get it.

You can check your balls yourself. You should check your balls every month. This is the best way to find out if there may be a problem.

How do I check my balls?



- **First of all, feel your balls to get used to what they normally feel like.**
- **Look out for any swelling or lumps on the balls. Or you may feel a dull or sharp pain around your balls.**
- **If you notice any of these or if you're worried and just want to know that everything is OK, go and see your doctor straight away.**
- **If you're not sure what your balls are supposed to feel like or how to check them, ask your doctor to show you.**



Health check ups for women

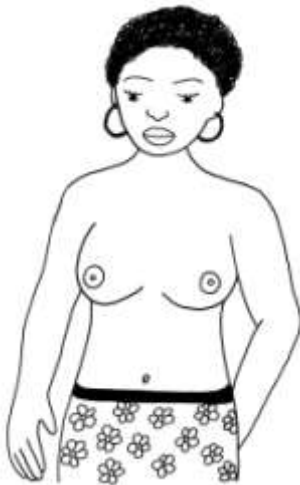


There are 2 important check ups for women.

Smear Tests

Smear tests are a way of looking for changes inside you that could become cancer. A nurse will check insides your vagina for any changes.

If you are aged between 20 and 64 your doctor will ask you to go for a smear test at least once every 5 years.

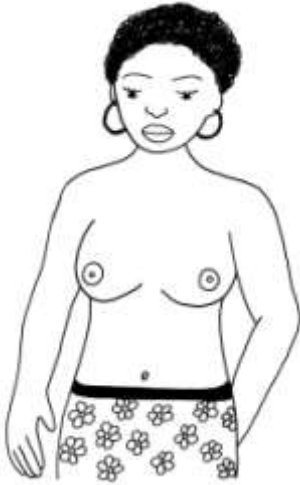


Breast Screening

Breast screening is a way of checking for breast cancer. Normally only women aged 50 -64 can go for breast screening.

You can check your breasts yourself. You should check your breasts every month. This is the best way to check if there may be a problem.

How do I check my breasts?



- First of all, look at your breasts in a mirror to get used to what they normally look like. Then feel your breasts to get used to what they normally feel like.
- Look out for any changes in the shape or size of your breasts. You should also look out for any lumps or any painful areas, or anything you think is unusual.
- If you notice any of these things or if you're worried and just want to know that everything is OK, go and see your doctor straight away.
- If you're not sure what your breasts are supposed to feel like or how to check them, ask your doctor to show you.



