All About Health Action Plans for people with Learning Disabilities
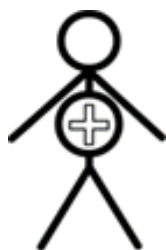
What is a Health Action Plan?

A Health Action Plan that belongs to a person with a learning disability.

It says what things they are doing to keep fit and well.

It says what other things they want to do to be healthy.

It says what help they may need to keep healthy.

Why have a Health Action Plan?

Good health means being well in your body and in your mind.

If you are healthy you will be able to do more of the things that you enjoy.

We all have the right to be as healthy as we can be. A Health Action Plan will help the person to be healthy.

Doing a Health Action Plan gives the person the chance to make choices about their own health and helps people to make healthy choices.

Who should have a Health Action Plan?

Everyone with a learning disability should be asked if they want a Health Action Plan.

You do not have to have one if you do not want one.

It is a good idea to have a Health Action Plan

- If you need a lot of help to be healthy,
- If you have a lot of health needs,
- If things are changing in your life,
- If you are getting older.

Starting a Health Action Plan.

You can start your Health Action Plan at any time.

There is lots of information to help you make sure you have a good health action plan.

Your Health Action Plan can be part of your Person Centred Plan or any other plan you may have.

It is a good idea to have your plan checked by your doctor or nurse.

It is a good idea to show your plan to the people who help you during the day so they can help you to be healthy.

You can choose who sees your plan, you do not have to show it to anyone you do not want to.

Health Facilitators.

A health facilitator will help you to think about your health.

You can choose someone to be your Health Facilitator.

You should choose someone you know and trust, like a family member, friend or a support worker.

Your health facilitator will listen to you and will help you to make your own choices.

They will help you with your health action plan.