

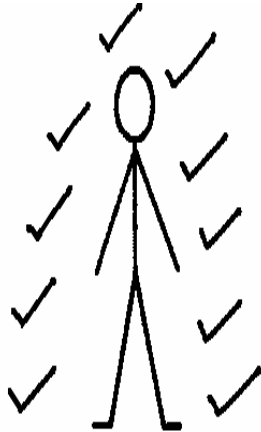
## The Health of Adults with Learning Disabilities

Good health is important to everyone

People with learning disabilities do not always get the health care that they need.

People with learning disabilities are more likely to have:

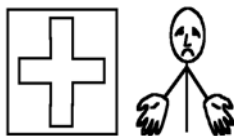
- Poor health compared with other people
- Greater difficulty in accessing services others use
- More bad experiences of using health services



**Health action plan**

Health action plans are personal plans that list what needs to happen for the person to be healthy, it includes any help that the person may need to do this.

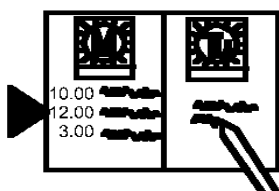
Plans can be started by the person themselves, a family carer, primary care (Nurses, Doctors) or support services.



My health  
need



What I will do.  
Who will help me



When we will  
look at this  
again

Most people with a learning disability will need help to get the most from Health services. The person that helps them with their Health Action plan is acting as their personal Health Facilitator.

In Derby City we have some documents (tools!) that can help you with the health of people with learning disabilities including:

An Assessment

A Health Checklist with symbols for Nurses and Drs to use  
Guidance tips on who could help

Ideas for letters

A log sheet so that you can keep a check on what's been happening.

My Health File that you keep and use when you go for appointments.

For more information contact

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