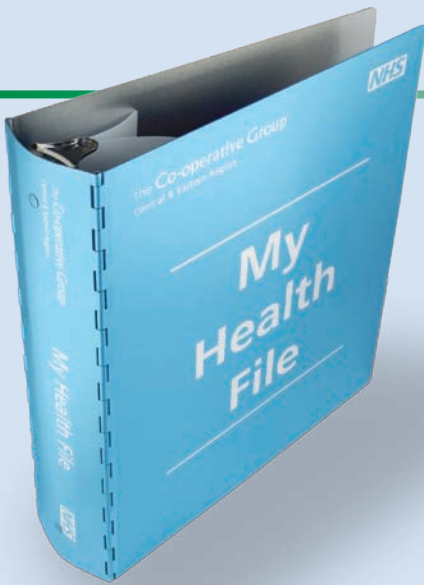


Health Files in Derbyshire



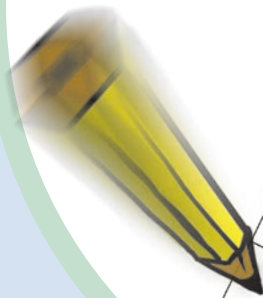
Diabetes



Allergies

We want to give people with learning disabilities a file to keep about their own health

- Helps you tell Doctors and Nurses things
- You keep your own record of your health
- Keeps your appointments in one place
- Helps you remember how to keep well
- Helps you to make a Health Action Plan



Date of test.	Results.
22/09/07	
22/03/08	GOOD



My medicine



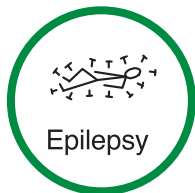
Asthma

○ Helps the ambulance people and hospitals understand your problems

○ Helps health workers to tell you things

Easy to use!
Easy to understand!

About my ears.	
Who tests? 	Details...
My hearing 	OK
Ears and wax 	Yes 
Aid. 	X



Health Files in Derbyshire

Get one from
Jackie Fleeman
Health Facilitator
01629 825400



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