



What is a health action plan?

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A health action plan tells you what you need to do to keep healthy.

It tells you what services and support you need to live a healthy life.

The plan does this by telling you



- how you can look after yourself if you have any problems with your health



- which foods are good for you



- what exercises are good for you



- how to be safe at home or when you go out



- when you should go for a check up for your eyes, ears and teeth.



Who can help me follow my health action plan?

You can get help from

- a family member or a friend
- a staff member if you live in a residential home



- a **support worker**



- a **social worker**



How do I get a health action plan?

You can ask a doctor or a nurse for a health action plan.



If you have had a **transition plan** or a **person-centred plan** you may already have a health action plan. If you do you can take it to your health worker and ask them to check it.



When you go to the doctor take your health action plan with you. Your doctor will make sure the plan is still working for you.

What do the words mean?

A **support worker** makes sure you have the help you need.

A **social worker** is someone who works for social services. They help you to get support with the things you find hard to do at home and when you are out and about.

A **transition plan** is a plan that tells people what you want to do in your adult life. This could be things like going to college or having a job or a home of your own.

A **person-centred plan** is a record of all of the things you would like to do with your life. This could be things like going to college or finding a job.



If you need more information you can contact the **Learning Disability Helpline**



England

Call: **0808 808 1111**

Email: help@mencap.org.uk

Text: 07717 989 029

Typetalk: 18001 0808 808 1111



Wales

Call: **0808 808 1111**

Email: information.wales@mencap.org.uk