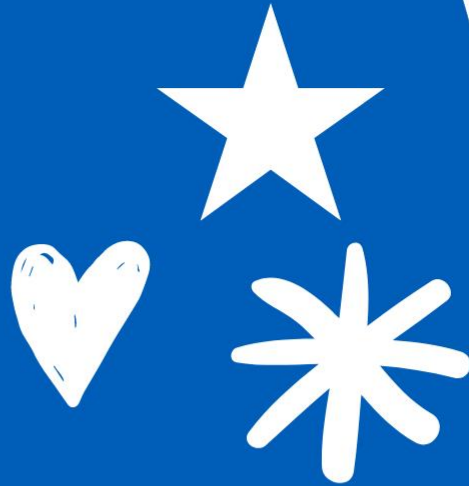
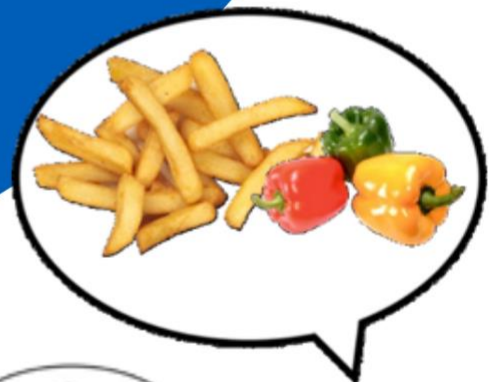


Helping you to stay healthy and well

HEALTH ACTIVITY PACK



HELPFUL INFORMATION AND FUN
ACTIVITIES FOR PEOPLE WITH
LEARNING DISABILITIES AND
FAMILIES AND CARERS WHO
SUPPORT THEM.



Introduction



The NHS in North Yorkshire has worked with North Yorkshire Learning Disability Partnership Board to make this activity pack.



The pack has information and activities for people with a learning disability and their families and carers.



It includes some information made by other organisations, like Mencap.



Thank you to everyone who helped make this pack.



We hope you find it useful and fun.



Everyone is different. Different ideas work for different people.

Please look through the pack and think about what is best for you.



What is in this pack?

Item	Page
Annual Health Checks?	4
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What is an Annual Health Check?



Annual Health Checks are for people with a learning disability.



An Annual Health Check is done by your doctor once a year.



It is there to help you stay healthy.



You can get an Annual Health Check if you are aged 14 or older



Most people with a learning disability can get an Annual Health Check



Why is it good to have an Annual Health Check?



You can talk to your doctor about anything you are worried about.



You can get to know your doctor better



You can get ideas about how to be more healthy



If there is anything wrong then the doctor can sort it out before it gets worse



What happens at your Annual Health Check



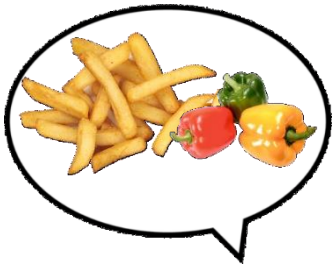
A doctor or nurse from your surgery may:



Check things about your body, like your heart and blood pressure.



Ask about any medicines you are taking



Ask about the food you eat



Check your blood and your wee



Ask about how you are feeling



Top Tips for your Annual Health Check



You can bring someone with you if you like.



Ask the doctor to explain anything you do not understand



Tell the doctor how you really feel, it will help them to help you.



Take your time.



You can say no if there is a part of the health check you do not want to do

Remember, your doctor is there to help you, so you do not need to feel worried.

Health Action Plans



Ask your doctor to give you a health action plan at your Annual Health Check.



A health action plan is written by you and your doctor.



Your health action plan tells you the things you need to do to keep healthy.

Like getting enough sleep or talking to someone when you feel worried.



It says how you will get the support you need with your health.



Like how your doctor can make sure your appointments are easy to understand.



Where to find out more about Annual Health Checks

You can read more about Annual Health Checks or the Learning Disability Register on these websites:

- Don't Miss Out - Annual Health Checks:
<https://www.mencap.org.uk/advice-and-support/health/dont-miss-out/dont-miss-out-annual-health-checks>
- Join The Learning Disability Register:
<https://www.mencap.org.uk/advice-and-support/health/dont-miss-out/dont-miss-out-join-learning-disability-register>
- Learning Disability - Annual Health Checks - Subtitles - YouTube:
<https://www.youtube.com/watch?app=desktop&v=R9t8Y2kWyj0&feature=youtu.be>



With thanks to:

Annual Health Check Word Search

K F D V C N K S B L O O D N H
U O Q D H C B O I B Q G N R Z
E O Y A E D M N M R H E Z Z E
Y D N K C J S U F T T I M E A
L O P E K Q W R C T C N S P P
H H L Z B I M S S J J S N Y P
E E A D K C K E N C A K P U O
A L N W E I T A H I C K M N I
L P V N X E C E Y X T V V O N
T N H N P Q T B J G I C I U T
H K U U L L E F U Y O H N P M
G K Y N A X S B F Q N T L K E
L I M H I P O X Y I N S R Y N
T X W N N Y M E H T G P S S T
S R E Z H H R D O C T O R N C

APPOINTMENT

EXPLAIN

ACTION

DOCTOR

HEALTH

BLOOD

CHECK

NURSE

FOOD

HELP

PLAN

TIME

Annual Health Check Questions

Can you tell which of these questions is true or false? Read the questions carefully and then think if the question is true or false.

	Question	True or false?
1	Annual health checks happen twice a year.	
2	You can get an annual health check if you are aged 14 or over	
3	Most people with a learning disability can get an Annual Health Check	
4	You cannot talk to your doctor if you feel worried	
5	A doctor or nurse will not ask about your medications	
6	You can bring someone to your Annual Health Check appointment	
7	You can ask your doctor to give you a Health Action Plan	
8	Your Health Action Plan is written by both you and your doctor	
9	It is good to always stay fit and healthy	
10	It is better to speak to a doctor or nurse if you are worried about your health	

Getting the right care







It is sometimes difficult to know what to do when you or someone you care for is unwell.



The NHS has lots of people who can help you and places that you can go for care.

Here are some examples of what to do or where you can go for help:

Getting the right healthcare, first time			NHS
SELF CARE 	ADVICE 	GP SURGERY 	EMERGENCY 
Headache Cold Stomach ache Diarrhoea Minor cut Vomiting	Minor illness Minor injuries Urgent care Unsure what to do Out of hours Signposting	Existing conditions Depression Bowel issues Change in moles Breast lumps Blood tests	Suspected stroke Heart attack Breathing difficulty Unconsciousness Severe bleeding Choking
Stay home or Pharmacy	111.nhs.uk or call 111	NHS App, online, phone	Call 999

What should they do?

Here are some stories to help you think about getting help if you are not feeling well. Once you have read them you can answer the questions.

stomach pain



Sarah has pain in her tummy and has been feeling unwell for the last two weeks. She can walk to the shops but gets tired and feels the pain after a while.

What should Sarah do?

knee pain



Bobby has fallen and scraped his knee. It is painful and he is not able to walk too well.

Where should Bobby go?

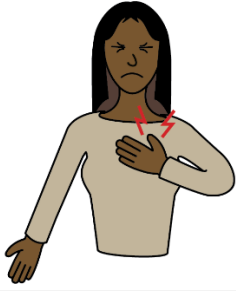
not getting better



Tony has been in his house for a long time as he has to spend much of his time in bed. He is feeling unwell in the night and his carer is with him.

What should Tony or his carer do?

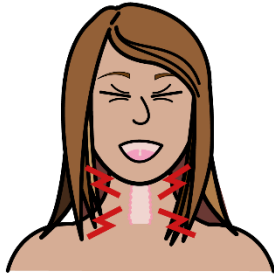
chest pain



Anne is having very horrible pains in her chest and is not able to travel to a hospital.

What should Anne do if she can?

pain in throat



Jessica has a very sore throat and a headache. She has been feeling like this for two days.

Who should Jessica speak to?

upset



John lives by himself and has been feeling very down and upset for a few weeks. He does not want to speak to any friends about it.

What could John do?

sick feeling



Luke has been feeling sick and has had an upset stomach for three days. He does not feel able to work his job in the café.

What should Luke do?

About Your Medication

1 About making decisions

Making decisions can be difficult. We learn how to work out what is important to us. We learn to think about what choices we have. Here are two things that can help you make a choice about taking medication

- You could find out more about the medication
- You could talk it over with someone, to help you make your mind up



Think about the people you want to ask to help you find out about the medication. It might be a doctor, a pharmacist (chemist), a nurse or someone else you know.

Write their names in the box:

Names of people who can help me find out more

Or use this space to put a picture of each of these people:

Think about the people you'd like to talk it over with. Put their names or pictures on this page.

Names of people I would like to talk to



2 About the medication

These questions are about what the medication is for.

Write the answers in the boxes

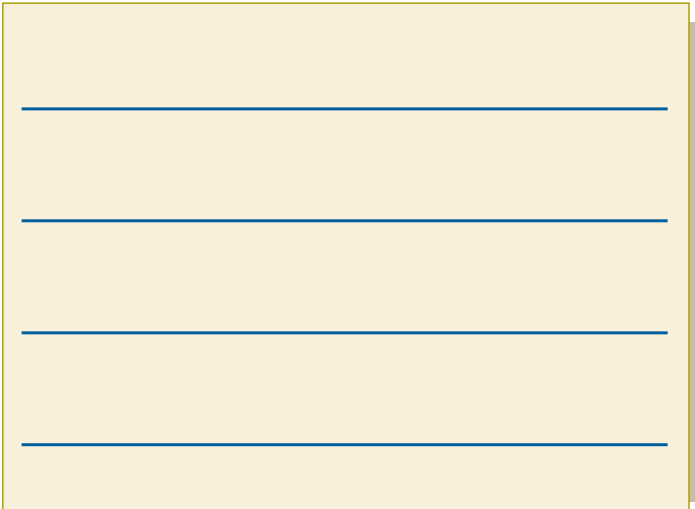
What is the name of the medication you take or are thinking of taking?



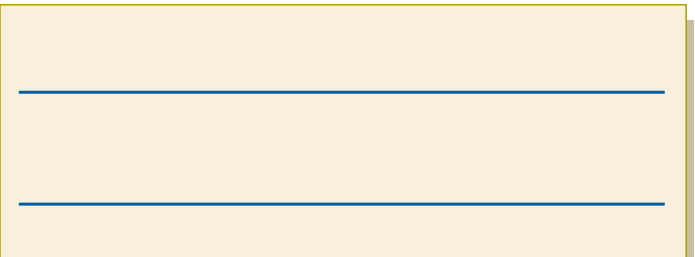
Put a photo or draw a picture of the medication in this box



What is this medication for?



Who has suggested you take this medication?



3 What would happen if I took the medication?

How might this medication help me?

Write the answers in the boxes

Would I need to take the medication for a long time?



Would I need anyone to support me in taking the medication?

Who would this be?

Things I might need to remember about the medication

Write the answers in the boxes

When would I need to take the medication?

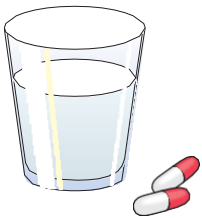


How many times each day?

What time would I take it at?

Will I need to take it before or after meals?

How would I need to take the medication?



Is it pills, or something else?

Will I need to take it with a glass of water?

More things I might need to remember about the medication

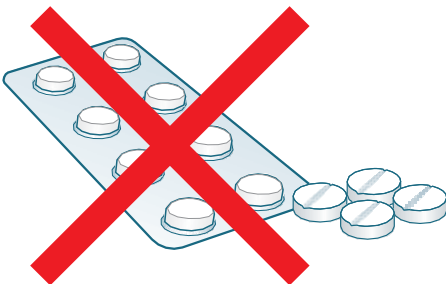
Write the answers in the boxes

Are there any things I must not do if I take this medication?



... like not drinking alcohol (like beer or wine) or not getting pregnant

Are there any other medications I must not take if I am taking this medication?



Side effects

Some medications can give you side effects. This is when the medication gives you problems like making you feel sick or dizzy or sleepy or very thirsty.

Write the answers in the boxes

Are there any side effects that I might get with this medication?



What could I do to help me cope with the side effects?

(This might mean taking more medications)

What would happen if I stopped taking the medication suddenly?

4 What if I decide not to take this medication?

Write the answers in the boxes

How would I feel or what might happen in my body if I didn't take this medication?

Is there another medication I could take instead?

Is there another treatment I could use instead?

There might be lots of other things you want to know about the medication.

Write your questions in the boxes on this page. When you find out answers, write them in the boxes too. You can ask someone to help you do this.

There is space for you to write more questions and answers on the next page.



My question:

What I found out:

My question:

What I found out:

My question:

What I found out:

My question:

What I found out:

My question:

What I found out:

6 Make your mind up time!

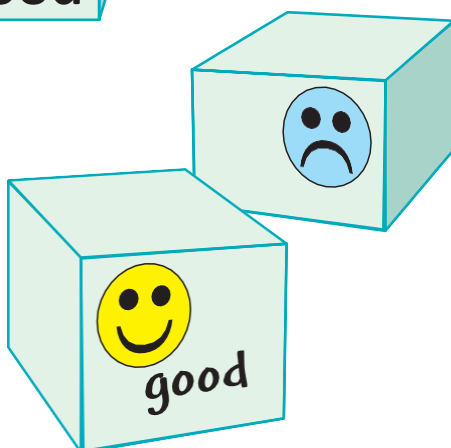
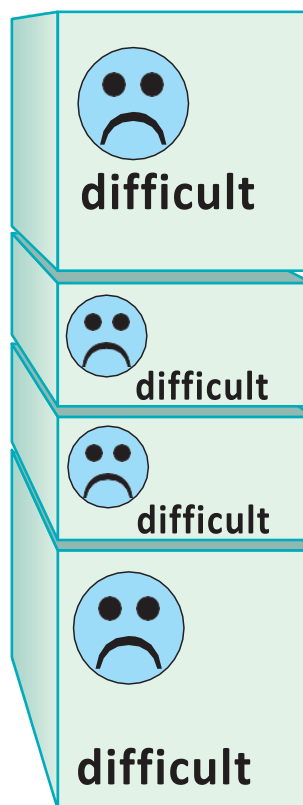
You have found out lots of things about the medication. Now you need to think about these things and decide which things are important to you.

On the next page, write down the important GOOD points and the important DIFFICULT points about taking the medication.

Look back at the things you wrote down earlier in this workbook to help you. You might find it helps to talk these things over with someone you know.

How important to you are the GOOD points about taking the medication?


How important to you are the DIFFICULT points about taking the medication?





When you've written them down, see how many you've got, and how important they are to you.


This will help you make your decision.


Write down the good and difficult points in these blocks


 good point


 difficult point


 good point


 difficult point


 good point

 difficult point

 good point

 difficult point

 good point

 difficult point

This is my decision:



My decision —

This is why I made this choice:

The people who helped me make this choice are:

Who do you need to tell about your decision?

Write down all the people you might want to tell.

Put a tick in the box by their name when you have told them.

	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

With thanks to: easyhealth.org.uk

Use this box below to write down your local pharmacy details and keep them safe:



Pharmacy name and address:

.....
.....
.....
.....

Telephone number:

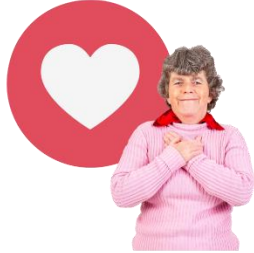
Opening times:

.....
.....
.....
.....

Self-soothe kit



Taking the medication your doctor or nurse has given you is very important, but it is also good to try other ways to keep happy and calm.





Try putting together a Self-Soothe Kit with items around your home which you can look at if you feel anxious or worried.



Try to include items that use all 5 senses or remind you of happy memories.

Write down or draw some items you can include here:

	Sight (e.g. pictures)
	Sound (e.g. music)



Taste (e.g. mints)



Touch (e.g. scarf)



Smell (e.g. perfume)



Happy memories (e.g. photos)

More information

You can get more information and support from

- **Association for Real Change (ARC)**

Website: www.arcuk.org.uk

Telephone: 020 8446 1340 (London)

- **British Institute of Learning Disabilities (BILD)**

Website: www.bild.org.uk Telephone:

01562 723 010

- **Foundation for People with Learning Disabilities**

Website: www.learningdisabilities.org.uk

Telephone: 020 7803 1111 (London)

- **Mencap**

Website: www.askmencap.info

Telephone: 0808 808 1111 (England)

Email: help@mencap.org.uk

- **Easy Health**

Website: www.easyhealth.org.uk



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KEYRING

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... We're Life Changing



NHS