

## “My Health Matters” Book

### Guidance for Professionals

#### What is it?

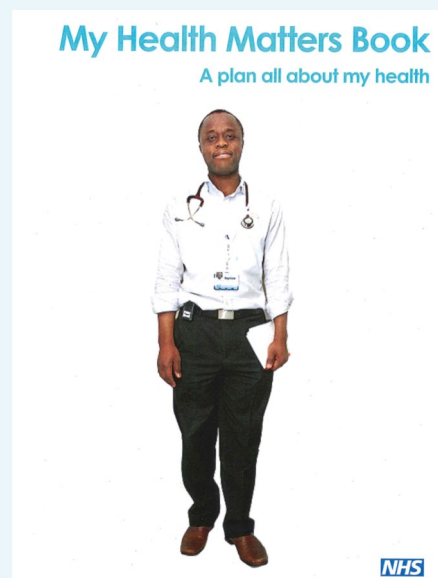
The “My Health Matters” Book is a Health Action Plan for people with Learning Disabilities whom reside in the London Borough of Barnet with a Barnet CCG registered GP.

#### What is it for?

To keep an accurate and up to date record of an individual’s health needs, including an action plan.

#### Who should complete it?

- Person with a Learning Disability
- Carer/family member
- Involved health professionals
- GPs as part of Annual Health Check and Health Action Planning (appointment feedback is also required)



#### What is in it?

The “My Health Matters” Book comprises of four colour-coded sections:

- 1) About me (Blue)
- 2) Communication (Yellow)
- 3) Physical and Mental Health (Green)
- 4) Health appointments (Pink)

#### How can I get one?

Contact the Barnet Learning Disability Team on the following details:

Email: [BLDSIntegratedDuty@barnet.gov.uk](mailto:BLDSIntegratedDuty@barnet.gov.uk)

Tel: 0208 359 6161

## About Me

This section can be completed by you or the individual's carer and has the following:

- Personal details
- GP details
- Diagnosis
- Allergies
- Important people

The image shows two pages of a form. The left page is titled 'About Me' and contains a grid for personal and medical information. The right page is titled 'Important People' and contains a grid for contact information for significant individuals.

About Me	
Name:	
Date of birth:	
NHS number:	
Address:	
GP:	
GP telephone:	
GP address:	
Diagnosis:	
Allergies:	

Important People	
Name:	
Relationship:	
Telephone number:	
When to contact:	
Name:	
Relationship:	
Telephone number:	
When to contact:	
Name:	
Relationship:	
Telephone number:	
When to contact:	

## Communication

This section will have information on how the individual communicates and communication tools to help you communicate with him/ her.

There is also important information for you regarding the Mental Capacity Act and how this should be applied for people with Learning Disabilities.

The image shows three pages of communication tools. The first page is titled 'Communication' and is divided into 'How I Communicate' and 'How to Communicate with Me'. The second page is titled 'Makaton' and shows a grid of hand signs for various words. The third page is titled 'Communication Tools' and is divided into 'Treatment' and 'Body Parts'.

Communication	
How I Communicate	How to Communicate with Me
About my communication:	About my understanding:
How I show you that I am happy:	How you should communicate with me:
What I do when I am sad:	
What I do when I am in pain:	
What I do when I am poorly:	

Makaton		
Hello	Goodbye	Pain
Medicine	Tablet	Get Up
Toilet	Injection	Doctor
Nurse	Unwell	Thank You

Communication Tools	
Treatment	Body Parts
Injection	Head
Medicine	Neck
CT Scan	Arm
X-Ray	Back
Insulin	Chest
Eye Drops	Stomach
Ultrasound	Bottom
Crutch	Chest
ECG Test	Ear
Bandage	Eye
Hospital	Hand
Pressure	Foot
Hearing Test	Leg
	Tooth



When you are working with a person with a Learning Disability, you should:



- Use short sentences and simple language.
- Give lots of time and speak slowly.
- Emphasize key words with tone of voice, pictures or signs. The MHM Book has pages that can help you to find words to use to communicate.
- Where possible, make information visual. There are pages that can help you to discuss medication and parts of the human body.
- Check the person has understood what you have said.



## Physical & Mental Health



This part of the folder is the Health Action Plan itself. It is where information should be detailed that reflects the individual physical and mental health needs.

You may be required to complete the relevant parts in these section for example, if you are a Neurologist and support with Epilepsy, then to support with this section; if you support with Diabetes, then this section would be more appropriate for you to complete (or provide guidance to the individual or carer/family about what to write).

<p><b>Stomach</b></p> <p>About My Stomach:</p>  <p>Actions:</p> <p>Review Date:</p>	<p><b>Head and Foot Care</b></p> <p>About My Head and Feet:</p>  <p>Actions:</p> <p>Review Date:</p>
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<p><b>Eating and Drinking</b></p> <p>About My Eating and Drinking:</p>  <p>Actions:</p> <p>Review Date:</p>	<p><b>Bladder and Bowels</b></p> <p>About My Bladder and Bowels:</p>  <p>Actions:</p> <p>Review Date:</p>
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<p><b>Asthma</b></p> <p>About My Asthma:</p>  <p>Actions:</p> <p>Review Date:</p>	<p><b>Epilepsy</b></p> <p>About My Epilepsy:</p>  <p>Actions:</p> <p>Review Date:</p>
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<p><b>Mental Health</b></p> <p>About My Mental Health:</p>  <p>Actions:</p> <p>Review Date:</p>	<p><b>Behaviour</b></p> <p>About My Behaviour:</p>  <p>Actions:</p> <p>Review Date:</p>
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## Health Appointments

This is where reasonable adjustments are documented that the individual may require to access health appointments i.e wheelchair accessible. This is the part of the folder where these can be documented, either by yourself, or carer/family member.

This section is where feedback from appointments are documented and actions to be followed up, again either by yourself or carer/family member.

**Reasonable Adjustments**

People with a learning disability might need reasonable adjustments to be made so they can access healthcare fairly.

What Adjustments I Need:	
How Do I Do That:	
Who Helps Me:	

**Feedback From Health Professionals**

Name:	What Happened?	Actions:
Role:		
Date:		