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**This guide and all the links within it can be found at…**

[**www.hertfordshire.gov.uk/LDMyHealth**](http://www.hertfordshire.gov.uk/LDMyHealth)

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**If you need more help, ask someone who supports you or speak to your GP surgery who can find the right help for you.**

Please go through this checklist of things you can do to help you stay healthy at home. Keep it safe in the Annual Health Check section of your Purple Folder.

**Your GP surgery wants you to stay healthy**

**all year round**

**STAY HEALTHY AT HOME CHECKLIST**

**FOR WOMEN of all ages**

I will start to check my breasts once a month. I will download the [**breast checking guide**](https://www.hertfordshire.gov.uk/media-library/documents/adult-social-services/learning-difficulties-and-dementia/breast-checking-info-pack.pdf)from the [**LD My Health**](https://www.hertfordshire.gov.uk/services/adult-social-services/disability/learning-disabilities/my-health/how-to-stay-healthy.aspx) web page because everyone, to some level, can keep an eye out for any changes.

**FOR WOMEN WHO ARE 25 YEARS OLD**

When I get invited for my cervical screening [or if I have missed it already] I will download the [**cervical screening guide**](https://be.macmillan.org.uk/Downloads/CancerInformation/Easyread/MAC16302Cervical-screening.pdf)and watch the cervical screening [**video**](https://www.youtube.com/watch?v=yQw4boPcKik) on the [**LD My Health**](https://www.hertfordshire.gov.uk/services/adult-social-services/disability/learning-disabilities/my-health/how-to-stay-healthy.aspx)web page to help me understand about why it is needed and what the risks are if I don’t have it. If I am worried about this or don’t understand then I should speak to my GP who could refer me to the Health Equalities Nurse to help me make sure all options have been explored.

**FOR MEN of all ages**

I will start to check my testicles [balls] once a month. I will download the [**checking your testicles for lumps guide**](https://www.hertfordshire.gov.uk/media-library/documents/adult-social-services/learning-difficulties-and-dementia/complete-testicle-information-pack.pdf)from the [**LD My Health**](https://www.hertfordshire.gov.uk/services/adult-social-services/disability/learning-disabilities/my-health/how-to-stay-healthy.aspx) web page because everyone, to some level, can keep an eye out for any changes.

**FOR MEN WHO ARE 65 YEARS OLD**

When I get invited for my [**abdominal aortic aneurysm (AAA) screening**](https://www.hertfordshire.gov.uk/media-library/documents/adult-social-services/learning-difficulties-and-dementia/aaa-screening-easyread.pdf) [or if I have missed it already] I/the people who support me can make an appointment at a local screening centre. I should also look out for symptoms like a pulsing sensation in my tummy (like a heartbeat) or pain in my tummy or lower back.

**FOR WOMEN WHO ARE 50 YEARS OLD**

When I get invited for my breast screening [or if I have missed it already], I will download the [**breast screening booklet**](https://www.hertfordshire.gov.uk/media-library/documents/adult-social-services/learning-difficulties-and-dementia/breast-screening-information-pack.pdf) on the [**LD My Health**](https://www.hertfordshire.gov.uk/services/adult-social-services/disability/learning-disabilities/my-health/how-to-stay-healthy.aspx)web page to help me understand about why it is needed and what the risks are if I don’t have it. If I am worried about this or don’t understand then I should speak to my GP who could refer me to the Health Equalities Nurse to help me make sure all options have been explored.

**FOR EVERYONE**

I will start to check my wee because changes in wee can be a sign of dehydration or urine infection or something changing in our bodies. I will download the [**know your wee guide**](https://www.hertfordshire.gov.uk/media-library/documents/adult-social-services/learning-difficulties-and-dementia/urine-colour-chart-updated.pdf) on the [**LD My Health**](https://www.hertfordshire.gov.uk/services/adult-social-services/disability/learning-disabilities/my-health/how-to-stay-healthy.aspx)web page to help me know about what a healthy wee looks like. I should drink plenty of water to make sure I stay hydrated. If people support me, they can also spot any changes. I should tell my GP if I am weeing more than normal or if it is painful when I go.

**FOR EVERYONE who is sexually active**

I will watch [**the sexual health and relationships video**](https://www.youtube.com/watch?v=14yKxLZP_0M&t=2s) on the [**LD My Health**](https://www.hertfordshire.gov.uk/services/adult-social-services/disability/learning-disabilities/my-health/how-to-stay-healthy.aspx)web page to help me know about what services are available in Hertfordshire. I should also use the [**Zanzu website**](https://www.zanzu.de/en/) to help me talk about sex, contraception, family planning and pregnancy.

**FOR EVERYONE**

I will start to check my poo because changes in poo can be a sign of constipation or something changing in our bodies. I will download the [**know your poo guide**](https://www.hertfordshire.gov.uk/media-library/documents/adult-social-services/learning-difficulties-and-dementia/constipation/constipation-carer-guide-inc-bristol-stool-chart-easyread.pdf)on the [**LD My Health**](https://www.hertfordshire.gov.uk/services/adult-social-services/disability/learning-disabilities/my-health/how-to-stay-healthy.aspx)web page and watch the [**healthy poo video**](https://www.youtube.com/watch?v=9Wv87x9ho9s) to help me know about what a healthy poo looks like. If people support me, they can also learn about healthy poos for me and download the [**recording chart**](https://www.hertfordshire.gov.uk/media-library/documents/adult-social-services/learning-difficulties-and-dementia/constipation/bowel-recording-chart.pdf)to spot any changes.

**FOR EVERYONE WHO IS 60 YEARS OLD**

When I get sent a bowel screening kit, [or if I have missed this already] I will watch the [**bowel screening video**](https://www.youtube.com/watch?v=qheY6Q0oifs) on the [**LD My Health**](https://www.hertfordshire.gov.uk/services/adult-social-services/disability/learning-disabilities/my-health/how-to-stay-healthy.aspx)web page to help me know about why bowel screening is important. I will get this kit in the post when I am around 60 years old. If I am worried about this, my GP can speak to the Health Equalities Nurse who can help me to make an informed decision about doing the screening.

**FOR EVERYONE who has a BMI in the Overweight or Obese category**

I will download the[**obesity health risks guide**](https://www.hertfordshire.gov.uk/media-library/documents/adult-social-services/learning-difficulties-and-dementia/obesity-easyread-health-risks-v1.pdf) on the [**LD My Health**](https://www.hertfordshire.gov.uk/services/adult-social-services/disability/learning-disabilities/my-health/how-to-stay-healthy.aspx)web page. This will help me understand the risks of being overweight and how I can help myself to stay healthy. The people who support me can use the [**helping people tackle obesity guide**](https://www.hertfordshire.gov.uk/media-library/documents/adult-social-services/learning-difficulties-and-dementia/obesity-help-make-less-unwise-choices.pdf) on the [**LD My Health**](https://www.hertfordshire.gov.uk/services/adult-social-services/disability/learning-disabilities/my-health/how-to-stay-healthy.aspx)web page to help me make less unwise choices about what I eat. There are also recording charts on here and lots of helpful tips on[**the NHS website**.](https://www.nhs.uk/conditions/obesity/)  If I am not losing weight, I will go back to the doctors to discuss this.

**FOR EVERYONE who doesn’t clean their teeth well or doesn’t go to the dentist**

I will download the[**keeping your mouth healthy guide**](https://www.hertfordshire.gov.uk/media-library/documents/adult-social-services/learning-difficulties-and-dementia/dental-care-easyread-20.6.19.pdf) on the [**LD My Health**](https://www.hertfordshire.gov.uk/services/adult-social-services/disability/learning-disabilities/my-health/how-to-stay-healthy.aspx) web page. This will help me understand the importance of brushing my teeth and gums and keeping my mouth clean. The people who support me should make sure that I regularly attend a dentist and refer me to the [**Special Care Dentist Service**](https://www.hct.nhs.uk/our-services/special-care-dental-service) if I find going to the dentist difficult.

**FOR EVERYONE with Down’s Syndrome aged 30 or over**

Contact the [**community learning disability nurses**](https://www.hertfordshire.gov.uk/services/adult-social-services/disability/learning-disabilities/my-health/learning-disability-nurses.aspx) who will do a baseline assessment on my memory. This is because, if my memory changes in the future it will help with early diagnosis of Dementia. If I do get Dementia, I can be given medication to help me if it is diagnosed early. It is really important to do this as soon as I am 30 years old and BEFORE the people who support me notice any changes in my memory.

**FOR EVERYONE who doesn’t accept medical investigations**

The people who support me will help me to **overcome my anxieties about health procedures** by making these an everyday activity. They will regularly do medical procedures (e.g., put a blood pressure cuff on me, look in my ears, look in my mouth, feel my tummy, take my pulse and put a blood taking band around my arm). They will help me to understand **WHY** these are done (e.g., doctors need to look in your mouth to help you stay healthy’ and then reward positive results). There is more information on this in the [**preparing for a healthy adulthood**](https://www.hertfordshire.gov.uk/microsites/local-offer/media-library/documents/preparing-for-a-healthy-adulthood-final.pdf) guide.

**Useful Contacts**

**Health Professionals** can find information on our service and tools at - **www.hertfordshire.gov.uk/LDprofessionals**

**People with learning disabilities and their carers** can also find information about our services and keeping healthy at –**www.hertfordshire.gov.uk/LDMyHealth**

**Purple Folder               01438 843 848**

Lisa.kippins@hertfordshire.gov.uk or purplestarstrategy@hertfordshire.gov.uk

If a person with a learning disability (aged 18 and over) doesn’t have a purple folder and would like one, this number can also be called if a person would like replacement pages.  Replacement pages are also available on our website at [www.hertfordshire.gov.uk/LDmyhealth](http://www.hertfordshire.gov.uk/LDmyhealth)

**Health and Social Care Service 0300 123 4042**

*Monday - Friday 9-5 service*

If you feel someone may need some help from a Community Learning Disability Nurse or Social Worker. This may be due to concerns you have about: Family circumstances, care support, low level mental health anxiety concerns, meeting / managing their health needs

**Single Point of Access (HPFT) 0300 777 0707**

If someone presents with significant mental health issues, then the best starting point is SPA as they can offer intensive support for people with a mental health and learning disability diagnosis (*beyond a 9-5 Monday-Friday service*).

**Herts Help 0300 123 4044**

https://www.hertshelp.net/hertshelp.aspx
info@hertshelp.netThis is the generic Hertfordshire help service to support people in finding the right service they need. They know what’s available, including private and voluntary sectors in all aspects of life.