

It has pictures that you can use to help you talk about your health and feelings



It has advice for health care professionals



And healthcare professionals can write updates about your health

If you need some help to fill in your 'My Health Matters' book you can contact us by email or phone



Contact Details:

Barnet Learning Disability Service

Telephone:
02083596161



Email:



BLDSintegratedDuty@barnet.gov.uk

For special advice regarding working with a person with a Learning Disability



My Health Matters
A plan all about my health



'My Health Matters' book is a plan about your health. It has information about **your health and your needs, as well as how to keep you happy.**



“My Health Matters” Book

What is it?

This is a health Action plan for people with Learning Disabilities who reside in the 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 Learning Disability
- Carer/family member
- Involved health professionals
- GPs as part of the Annual Health Check and Health Action Planning.
- Other health professionals, whenever they interact with the client.

What is in it?

The “My Health Matters” Book has four colour-code sections:

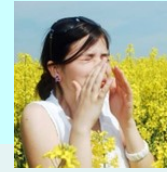
1. About me (blue)
2. Communication (yellow)
3. Physical and Mental Health (green)
4. Health Appointments (pink)

How can one be obtained?

Contact the Barnet Learning Disability Team. (Please see back of leaflet for details).

About Me

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



My Communication

- How I show you I am happy, sad, in pain, poorly
- How to communicate with me
- Mental Capacity Act



My Physical Health

- Heart & Lungs
- Diet
- Teeth
- Eyes & Ears



My Mental Health

- Anxiety
- Depression
- Schizophrenia
- Eating Disorders



Health Appointments

- Reasonable Adjustment to access Healthcare facilities
- Feedback from health professionals



You can take your ‘My Health Matters’ book to all of your health appointments:

- Doctors
- Dentists
- Therapy Appointments
- Opticians
- Hospitals

