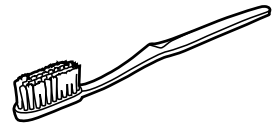


My Health Action Plan

Helping me stay healthy and well



My name

Who helped me

Date completed

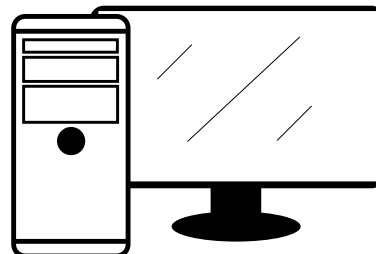
This template is free to use

It can be downloaded from www.surreyhealthaction.org

Go to the Health Action Planning Made Easy Section

Please do not add this template as a download to any other website.

You are very welcome to link from your website to www.surreyhealthaction.org



Other free resources

Can be downloaded from www.surreyhealthaction.org

These include:

- Easy Read appointment letter tools, including a letter you can add your own photo to. Images for the date and time are added automatically
- Easy Read Health Action Plan templates - large print with an image added
- A hospital passport
- An Easy Read Guide to having an Annual Health Check
- Easy read dental information

Health Action Planning

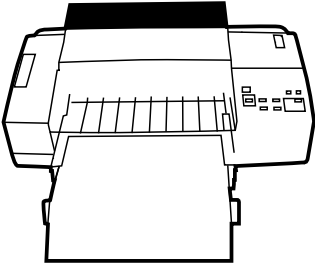


Many people with learning disabilities need support to look after their health. Health Action Planning is a process that identifies actions need to help a person to improve or maintain their health.

Health Action Planning Training days are run regularly in Surrey, and a Top To Toe Health Checklist is being developed to help people to talk about what health actions may be needed.

Using this template

Using the template

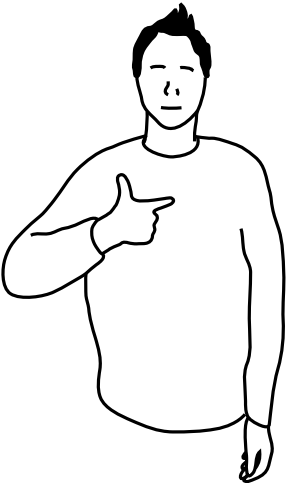


You can download and type into this template on your computer.

It is a pdf file that can be used with Acrobat Reader which most computers has installed. You can then save the file and print it.

The file can be re-opened, more information added re-saved.

It's my plan



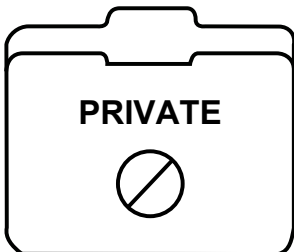
The aim of this template is to be be easy to use.

People have asked for a template that they can type into and add to at any time. This makes it easier to fill in and update regularly.

It's important to remember who owns the plan - it's the person for whom the plan is written.

Many people will want their own printed copy of their plan. This can be useful to take to health appointments.

Privacy



A pdf document like this is very easy to email, however we need to be aware of the private nature of the information that you might record here.

Laws like the Data Protection Act 1998 apply.

Our approach is that a person's health action plan should not be emailed to other people as it is a private document owned by them. They and their supporters can share the printed version with others as they choose.

My health issue

Health action agreed

Who will help me

When this will happen

Follow up

A large, empty rectangular box with a thin black border, occupying most of the page below the 'Follow up' text. It is intended for handwritten or typed notes.

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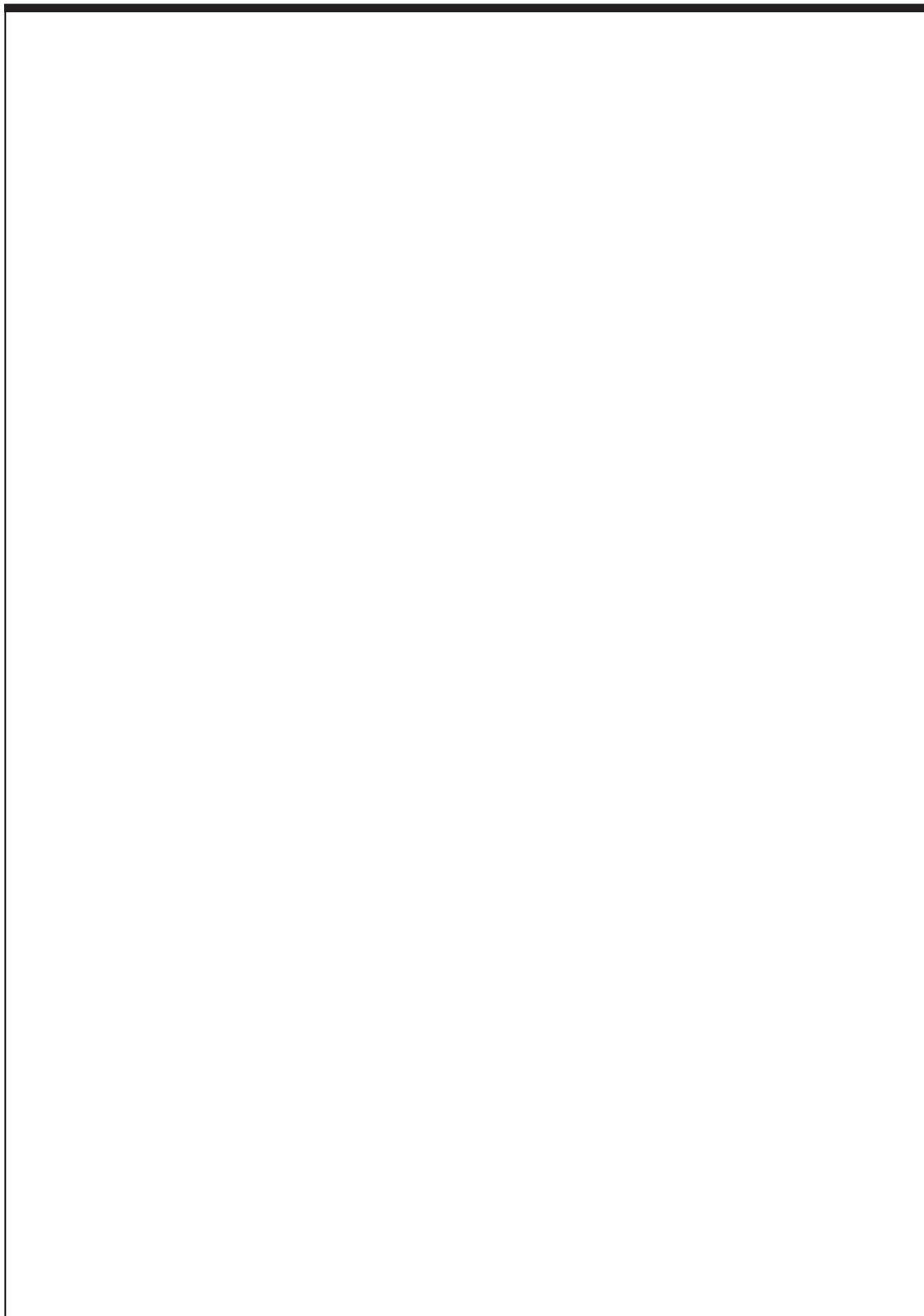
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