

Health Action Plans

A Health Action Plan is a good way to:

- Identify your health problems
- What help you need to improve
- And plan what you will do to stay healthy.



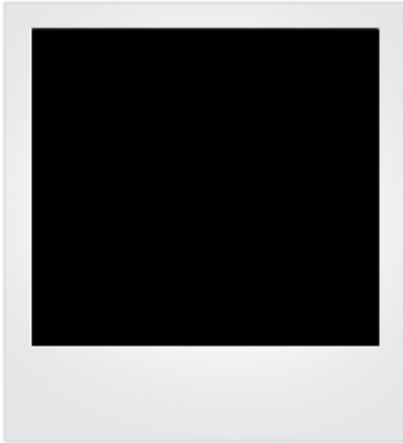




Your main carer or health facilitator will help you develop a plan that is right for you.

Here are some examples of Health Action Plans:

Health Action Plan			
Date	Health Issue	Health Action	Review Date
1 st Feb 2002	high blood pressure	Visit practise nurse Sue every month to have my blood pressure checked. Sam the health promotion nurse will visit me at home to help me learn more about high blood pressure	every month with Sue
	swabbing a lot probably due to menopause	start doing exercises on the spot from Sue learn about the menopause at the women's group on tuesday	every month or any time if worried
	I am 12st 4/8 I want to loose weight	If I am worried I can talk to Sue or David Sam or Sue will help me in losing weight I might go to sliming club Eat more fruit and veg eat smaller meals not so many take aways walks instead of getting lifts	In 6 months I want to loose some

Health Action Plans

Keeping Healthy Health Action Plan		NHS Stockport Clinical Commissioning Group
This plan is designed for people with Learning Disabilities to complete with support from their families, friends or carers.		
about me		
 Name		
 Address		
<i>This is me!</i>		
		
health facilitator		
This person will help me to complete and monitor my health action plan:		
Role	Name 	Phone 
Date Completed:		Signed: