

# Welcome to your Health Action Plan



People with learning disabilities are more likely to have a health problem than other people. Some people with learning disabilities do not know what services are there to help them. This Health Action Plan will help you get the services you need to stay well and healthy.

## Things you need to remember when filling out your plan are:

1. It is your plan and belongs to you. You choose what information goes in it.
2. You may not need to fill it all in, just the parts that you think are important, and want people to know.
3. It might take a little while to fill it in, and you may need to get some information from health people you see.
4. You can get extra sheets anytime by downloading them from [www.kirklees.nhs.uk/your-health/health-action-plan/](http://www.kirklees.nhs.uk/your-health/health-action-plan/)

## To get the most from your Health Action Plan, you should:

- Take it to all your appointments.
- Keep it up-to-date.
- Keep it in a safe place.
- Only share it with people that you need to.

Tell us if you have a good idea about other health information sheets that could be included in your Health Action Plan. Call the Patient Advice and Liaison Service (PALS) on 01484 464464 or email [pals@kirklees.nhs.uk](mailto:pals@kirklees.nhs.uk)

We hope you find the plan helpful.

