How do I get a Health Action Plan?

If you live in South Tyneside please ring the Community Learning Disabilities Nursing Team
For Adults
0191 451 6294
For Children (age 14 or over)
0191 424 4459

If you live in Gateshead please ring the Community Learning Disabilities Team
For Adults
0191 445 6720
For Children (age 14 or over)
0191 445 6720

What is a Health Action Plan?

This information can be made available in another format or language on request.

For further copies of this leaflet contact the Learning Disability Team on the numbers above.
What is a Health Action Plan?

A Health Action Plan is a yellow file that belongs to you.

It is all about your health.

It could help you improve your health.

It also helps you to think about who could support you with your health.

Who can have a Health Action Plan?

You can have a Health Action Plan if you:

• have a Learning Disability
• are aged 14 or over
• live in the South Tyneside or Gateshead

How do I fill in My Health Action Plan?

You may be able to do this yourself.

If you would like support to fill in your Health Action Plan you could ask other people to help like your family, carers, friends or health professionals.

How do I use My Health Action Plan?

If your health changes you can add this new information to your Health Action Plan.

You may have been to the doctors or hospital Your tablets may have changed.

Other people can see your Health Action Plan if you say it is OK.

You can take it to health appointments and ask the person you are seeing to add any new information.