

STAY HEALTHY AT HOME

Checklist

for 11-24 year Olds

Your GP surgery wants
you to stay healthy
all year round



It is really important that everyone starts to be self-health aware as they reach their early teen years and are helped to be as health aware as possible. This is so that they, and the people who help them, can keep an eye out for health changes at home to avoid delays in getting help with any health changes.

If you have been given a paper copy of this, then you can open all the links in it by going to the online copy:
www.hertfordshire.gov.uk/LDstayhealthy

If you need help to use this checklist and to print the guides to help you stay healthy at home then:

- Ask someone who supports you
- Speak to your GP surgery
- Email purplestarstrategy@hertfordshire.gov.uk
- Or call [01438 844681](tel:01438 844681)



If you need help with overcoming barriers for any of these and are age 18+ - please refer to the
Community Learning Disability Nurses in Adul Social Care



FOR Women and Girls of all ages

I will start to check my breasts monthly and download the **Breast checking guide** on www.hertfordshire.gov.uk/LDbreastcheck because everyone, to some level, can keep an eye out for any changes.



FOR Women and girls aged 14 to 24

The people who support me will check if I had my HPV vaccine at school and will contact my GP surgery to ask for this if I did not. This is important to help reduce my risk of getting cervical cancer.



FOR Women aged 24

I am going to be invited for cervical screening when I am 25. I will Download the **Cervical Screening Guide** from www.hertfordshire.gov.uk/LDsmearstest and watch the **Cervical Screening video** to help me understand about why it is needed and what the risks are if I don't have it. If I am worried about this or don't understand, then I should speak to my GP who could refer me to the Health Equalities Nurse to help me make sure all options have been explored.



FOR MEN and Boys of all ages

I will start to check my testicles once a month. I will download the **Testicles Checking Guide** from www.hertfordshire.gov.uk/LDballscheck. Everyone, to some level, can keep an eye out for any changes.

If you need help with overcoming barriers for any of these and are age 18+ - please refer to the Community Learning Disability Nurses in Adult Social Care

FOR EVERYONE

I will start to check my poo because changes in poo can be a sign of constipation or something changing in our bodies. I will download the **Easy read: Know your poo** guide on www.hertfordshire.gov.uk/LDpoocheck and watch the **healthy poo video** to help me know about what a healthy poo looks like. If people support me, they can also learn about healthy poos for me and download the **Bowel movement record chart** to spot any changes.

FOR EVERYONE

I will start to check my wee because changes in wee can be a sign of dehydration or urine infection or something changing in our bodies. I will download the **Easy read: Wee colour chart** from www.hertfordshire.gov.uk/LDweecheck to help me know about what healthy wee looks like. I should drink plenty of water to make sure I stay hydrated. If people support me, they can read the **Staying Hydrated Guide** to help me spot any changes. I should tell my GP if I am weeing more than normal or if it is painful when I go.

FOR EVERYONE who is sexually active or wants to be

I will watch the **sexual health and relationships video** on www.hertfordshire.gov.uk/LDsexualhealth to help me know about what services are available in Hertfordshire. I should also use www.zanzu.de/en to help me talk about sex, contraception, family planning and pregnancy.

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FOR EVERYONE who has a BMI in the Overweight or Obese category

I will download the **Obesity Health Risks Guide** from www.hertfordshire.gov.uk/LDweightcheck. This will help me understand the risks of being overweight and how I can help myself to stay healthy.

The people who support me can use the **Carer's Guide: Tackle Obesity** from www.hertfordshire.gov.uk/LDweightcheck. to help me make less unwise choices about what I eat. There are also recording charts on here and lots of helpful tips on [the NHS website](#). If I am not losing weight, I will go back to the doctors to discuss this.

FOR EVERYONE who doesn't clean their teeth well or doesn't go to the dentist

I will download the **Easy read: Healthy Mouth Guide** from www.hertfordshire.gov.uk/LDmouthcheck. This will help me understand the importance of brushing my teeth and gums and keeping my mouth clean. The people who support me should make sure that I regularly attend a dentist and refer me to the **Special Care Dentist Service** if I find going to the dentist difficult.

FOR EVERYONE who doesn't accept medical investigations

The people who support me will help me to **overcome my anxieties about health procedures** by making these an everyday activity. They will regularly do medical procedures (e.g., put a blood pressure cuff on me, look in my ears, look in my mouth, feel my tummy, take my pulse and put a blood taking band around my arm). They will help me to understand **WHY** these are done (e.g., doctors need to look in your mouth to help you stay healthy' and then reward positive results). You can find a guide to help you **Prepare for a healthy adulthood** on www.hertfordshire.gov.uk/LDadulthood

If you need help with overcoming barriers for any of these and are age 18+ - please refer to the Community Learning Disability Nurses in Adul Social Care

FOR EVERYONE with lots of health conditions or at risk of hospital admissions.

The people who support me will make a referral to the Health Improvement and prevention team for people with learning disabilities who can help me and the people who care for me to spot the signs of becoming unwell and get help early.

HIPLD.Team@hertfordshire.gov.uk

FOR EVERYONE who refuses injections or blood tests.

I will contact the Community Disability Nurses for helping me understand the risks of missing a blood test and help with making reasonable adjustments and look at steps "beyond reasonable adjustment" if the blood test is urgent and my health is at risk without it.

www.hertfordshire.gov.uk/LDnurses

FOR EVERYONE who does not have the new 2023 version of the Purple Folder who is over 18

I will contact pruplefolder@hertfordshire.gov.uk

The new purple folder is really important to help me get reasonable adjustments and the healthcare I need.

www.hertfordshire.gov.uk/purplefolder

FOR EVERYONE who is under 18

I will look at the 'My Health Information Document' that can be printed from the SEND Local Offer website [Caring for your health into adulthood \(hertfordshire.gov.uk\)](http://Caring for your health into adulthood (hertfordshire.gov.uk)) and use this to help me until I am 18 and can request a Purple Folder

If you need help with overcoming barriers for any of these and are age 18+ - please refer to the Community Learning Disability Nurses in Adul Social Care

Useful Contacts

Health Professionals can find information on our service and tools at -
www.hertfordshire.gov.uk/LDprofessionals

People with learning disabilities and their carers can also find information about our services and keeping healthy at - www.hertfordshire.gov.uk/LDMyHealth

Purple Folder for 18 + **01438 843 848**
purplefolder@hertfordshire.gov.uk

If a person with a learning disability (aged 18 and over) doesn't have the new 2023 version of the purple folder please email or call saying the name, date of birth and address. For more information and printing pages, please go to at www.hertfordshire.gov.uk/purplefolder

It is a good idea to prepare for the Purple Folder. From 14-17 you can use the My Health Information Document on the SEND web pages [Caring for your health into adulthood \(hertfordshire.gov.uk\)](http://www.hertfordshire.gov.uk/caring-for-your-health-into-adulthood)

Health and Social Care Service **0300 123 4042**
Monday - Friday 9-5 service

If you feel someone may need some help from a Community Learning Disability Nurse or Social Worker. This may be due to concerns you have about: Family circumstances, care support, low level mental health anxiety concerns, meeting / managing their health needs

Single Point of Access (HPFT) **0300 777 0707**

If someone presents with significant mental health issues, then the best starting point is SPA as they can offer intensive support for people with a mental health and learning disability diagnosis (*beyond a 9-5 Monday-Friday service*).

Herts Help **0300 123 4044**
<https://www.hertshelp.net/hertshelp.aspx>
info@hertshelp.net

This is the generic Hertfordshire help service to support people in finding the right service they need. They know what's available, including private and voluntary sectors in all aspects of life.

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Community Learning Disability Nurses in Adul Social Care