Being healthy is not just about getting better when you have been ill. It is also about looking after yourself so you can stay well. Other people can help us to stay well like our parents, carers, nurses and doctors.

This book is for you to keep. Some people will be able to use this book by themselves and some people may need help.

All the pages in this book are about your health. You can take this book whenever you see someone about your health, or if someone needs to know more about you before they can give you the right sort of help or support.

You can use this book how you want to. It is your book about your health.
Index

All about me

My personal details Page 1
My diagnosis and medical conditions Page 2
Professionals I see Pages 3 & 4

My health

My immunisations Page 5
The health of my family Page 6
My general health Page 7
Medical diagnosis health sheet Page 8
Medicines I take Page 9

My day to day life

How I get about and do things Page 10
How I communicate Page 11
My diet Pages 12 & 13
My toileting habits Pages 14 & 15
How I keep myself clean Page 16
How I sleep Page 17

My mental health and challenging behaviour

My mental health Pages 18 & 19
My challenging behaviour Page 20
Index

My epilepsy

Information about my epilepsy  Pages 21 & 22

My regular health checks

My teeth  Page 23
My eyes  Page 24
My ears  Page 25
My skin  Page 26
Other health checks I have  Page 27

My relationships

Sexual health information for boys  Page 28
Sexual health information for girls  Pages 29 & 30
My understanding of PSHE  Page 31

My Health Action Plan (HAP)
About Me

My personal details

My diagnosis and medical conditions

Professionals I see
About me

My Date of Birth

My height

My weight

My next of kin
(Relationship to me)

My GP's name, address and phone number

My Consultant Paediatrician

I sometimes see other people to keep me healthy.....
Diagnosis and medical conditions

Diagnosis

Any other medical conditions

Allergies
# Contact details of professionals I see

<table>
<thead>
<tr>
<th>Professional</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nurse</td>
<td></td>
</tr>
<tr>
<td>Physiotherapist</td>
<td></td>
</tr>
<tr>
<td>Doctor</td>
<td></td>
</tr>
<tr>
<td>Dietitian</td>
<td></td>
</tr>
<tr>
<td>Optician</td>
<td></td>
</tr>
<tr>
<td>SaLT</td>
<td></td>
</tr>
<tr>
<td>OT</td>
<td></td>
</tr>
<tr>
<td>Dentist</td>
<td></td>
</tr>
</tbody>
</table>
My Health

My immunisations

The health of my family

My general health

Syndrome specific health sheet

Medicines I take
Injections I've had to protect me

We are advised to have injections to protect us from getting certain illnesses.

I have had these ones:

<table>
<thead>
<tr>
<th>Age due</th>
<th>Immunisations</th>
<th>Date given</th>
<th>Any comments?</th>
</tr>
</thead>
<tbody>
<tr>
<td>At birth</td>
<td>BCG if at risk</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 months</td>
<td>Diptheria/ tetanus/ perussis/ polio/ Hib /PCV</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3 months</td>
<td>Diptheria/ tetanus/ perussis/ polio/ Hib Meningitis C</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4 months</td>
<td>Diptheria/ tetanus/ perussis/ polio/ Hib Meningitis C / PCV</td>
<td></td>
<td></td>
</tr>
<tr>
<td>13 months</td>
<td>Measles, Mumps &amp; Rubella /Hib /Meningitis C/ PCV</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3-5 years</td>
<td>Diptheria/ tetanus/ perussis/ polio Measles Mumps &amp; Rubella</td>
<td></td>
<td></td>
</tr>
<tr>
<td>13-18 years</td>
<td>Diptheria/ tetanus/ polio/ HPV</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other</td>
<td>Seasonal flu vaccine etc</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
The health of my family

You can become ill because of different things. There are some illnesses, like diabetes, which you are more likely to get if someone in your family already has it. It is helpful for people like doctors and nurses to know if anyone in your family has certain health problems, so that your health can be looked after properly.

Has anyone in your family had any of these health problems or illnesses?

<table>
<thead>
<tr>
<th>Heart Problems</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diabetes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Asthma</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sickle Cell disorders</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cancer</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Osteoporosis</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Glaucoma</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mental health</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Anything else ____________________________

__________________________

__________________________

Page 6
My general health

[Diagram of a stick figure exercising with a broccoli and a banana]
Medical diagnosis
specific health sheet

I have to have regular health checks associated with my medical diagnosis.

These are:
Medicines I take to keep me well

<table>
<thead>
<tr>
<th>Medicine</th>
<th>Reason</th>
<th>How I take it</th>
<th>Time : Dose</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
My day to day life

How I get about and do things
How I communicate
My diet
My toileting habits
How I keep myself clean
How I sleep
How I get about and do things

Different people can do different things for themselves. For example:
- Some people cannot walk and need to use a wheelchair, a frame or a walking stick.
- Some people may need help to eat or wash themselves.

It may help people like doctors and nurses and other people who care for you to know what help and support you need.

Getting about:
I use (please tick)

- I can walk unaided
- Wheelchair
- Walking frame
- Walking stick
- Someone to help
- Special shoes
- Orthoses (splints/insoles..)
- Standing frame
- I need a hoist
How I communicate

People communicate in lots of different ways, some people use signs or symbols to help people understand them. People who cannot talk at all may use sign language or an electronic communication device.

Which ways do you communicate?

Talking

British Sign Language (BSL)

Makaton

Electronic speaking device

Other

Do people need to communicate with you in a special way to make sure you understand?

________________________________________

________________________________________

________________________________________

Page 11
My diet - what I eat and drink

We need to eat and drink to stay alive and be healthy. The sort of things we eat and drink are important. Some food and drink is better for our bodies and healthier than others.

What is a balanced diet? It means eating a mixture of different types of food. Different foods contain different things which your body needs to stay healthy, things like:

- Protein
- Vitamins
- Minerals
- Calcium
- Carbohydrates
- Fats

Our bodies need certain amounts of these to stay healthy.

My favourite foods are:

Foods I dislike are:
What and how I eat and drink during the day

Some people may need extra help when eating and drinking.

**Oral food and fluid intake:**

- Fully independent
- Prompting
- Physical support
- Behavioural support

**Nasogastric (NG) feeds:**

- Fully independent
- With support

**Gastrostomy feeds:**

- Fully independent
- With support

Any additional information about my eating and drinking needs:
Elimination - Going to the toilet

All the food and drink that our body doesn't need comes out as wee and poo. This is called elimination.

Being able to control when you go to the toilet is called continence. For example some people can hold onto their wee until they get to the toilet while others cannot. This is called incontinence.

Some people can be continent with their wee but not their poo. This is known as urinary continence and faecal incontinence.

While some people can control their poo but not their wee. This is known as faecal continence and urinary incontinence.

Lots of people can be continent during the day but not at night which means they may have to wear continence aids/ pads.

Everybody goes to the toilet for a wee throughout the day. It is important that we know what is normal for us. Some people will poo everyday while others may only go every few days and some will suffer with constipation.

Continence during the day:
Urine Yes/ No
Faeces Yes/ No

Continence during the night:
Urine Yes/ No
Faeces Yes/ No
Some people are able to go to the toilet by themselves, while others may need support. Which are you?

- Fully independent
- Prompting
- Physical support
- Behavioural support

Some people need other types support and equipment due to their disability. Do you?

- Pads
- Bed alarm
- Catheters
- Stoma bag
- ACE

Any other information:
How I keep myself clean

It is important to keep yourself clean. The best way to do this is to wash regularly. Some people can wash themselves and some people need help from a parent, sibling or carer. If you are unwell you may need extra help.

You must remember to wash your face and brush your teeth in the morning and at night.

To wash your whole body you can have a shower or a bath. You should wash your hair regularly as well with shampoo.

Everyone's skin and hair is different so it is important to know what is right for you.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Independently</th>
<th>With help</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brush my teeth</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wash my face</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Have a shower</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Have a bath</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wash my hair</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
My sleep pattern

Sleeping is a way for our body and mind to get the rest they need after a busy day. It is also the time when our bodies grow.

Everyone's sleep patterns are different. Some people need more sleep than others, some find it difficult to go to sleep and some find it hard to sleep through the whole night.

Things I would like people to know about my sleep. For example, how long I sleep for, what helps me go to sleep and if I need assistance during the night for anything.
My mental health and challenging behaviour

My mental health

My challenging behaviour
Mental Health

What does mental health mean?

It means the way we cope with different things happening in our lives and how these effect our emotions.

Just like it is important to look after your body, it is also important to look after your mind and feelings. Your mental health can be good and bad at times, but it is much better to feel good about yourself and your life than to feel bad.

Somethings can make us feel low, like when we’re ill, lonely or being bullied. Sometimes you can feel upset if other people have things you want like a girlfriend or boyfriend.

When you feel low you might be grumpy, you might cry or struggle to go to sleep. You may also not want to go to school or get up in the morning. Some people also shout or hit people and complain of feeling poorly and some people just like to be left alone until they feel a bit better.

If you feel low, there are lots of things you can do to try to change the way you feel. You can talk to your mum or dad, to friends, teachers and school nurses. You might like to:

Do some exercises
Watch TV, listen to your favourite music
Play games
Go out with your friends.
Try to think of 3 things that you can do when you feel low or down:

Sometimes people’s mental health can make them behave in ways that can upset others. You can get extra help from CAMHS.

This is the help I receive:
Some people display challenging behaviour when they are angry, upset, not getting enough attention or tired. Some of us cannot explain why we display challenging behaviour, others know the cause. Something that causes challenging behaviour is often called a TRIGGER.

Some syndromes may cause challenging behaviour such as Autism, Fragile X, Prader-Willi etc.

I display challenging behaviour  Yes / No

Triggers for my challenging behaviour are ____________________

My challenging behaviour can be:

- Ignoring people
- Screaming
- Breaking things
- Spitting

Other people  Myself

- Biting
- Kicking
- Scratching
- Pulling hair
- Other ____________________
My Epilepsy

Information about my epilepsy

This section may be removed if you do not have epilepsy
Epilepsy

Lots of people with a learning disability have epilepsy too. There are lots of different types of seizures/fits and some can be more serious than others.

Some people take several types of different medication to reduce their seizures/fits.

It is important that people who care for you know what type of epilepsy you have. This can help them to know if there are some special things that you should not do like watching strobe lights.

About my epilepsy

I have had epilepsy since I was _______ old.

I have about _____ seizures/fit per day/week/month/year

The type of epilepsy I have is ______________________

I take this medication for my epilepsy:-

<table>
<thead>
<tr>
<th>Medication</th>
<th>Dose</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Page 21
Sometimes there are certain triggers that will make it more likely to have a seizure/fit.

Please tick if any of the below are triggers for you.

- Illness
- Tiredness
- Stress
- Boredom
- Excitement
- Pain
- Not taking medicine
- Poor sleep

Other

During or before my seizure I may:

I have / do not have an emergency protocol.

If I have an emergency protocol it can be found inserted at the back of this book.
My regular health checks

My teeth

My eyes

My ears

My skin

Other health checks I have
My Teeth

Your teeth need to be looked after and checked regularly by a dentist.

Your teeth grow in your gums, so your gums need to be looked after too.

It is important to keep your mouth clean and fresh. You should brush your teeth twice a day, in the morning and just before bedtime.

You should have a check up every 6 months

My dentist is: _____________________________

Address: ___________________________________________________________
_________________________________________________________________
_________________________________________________________________

My last appointment was: ____________________________________________
My eyes

Lots of people have problems with their eyes. It is important to have your eyes tested regularly.

If you wear glasses or have some medical conditions you may need to have your eyes tested more regularly than some of your friends.

Usually young people over 14 years old have their eyes tested every two years.

If you wear glasses you should wear them as you have been told to, it may help your eyes stay healthy.

My optician is

I had my eyes tested on

☐ I wear glasses

☐ I don’t wear glasses

Anything else you would like to say about your eyes?
My skin

People have different types of skin. It is important to keep your skin clean and healthy in the right way for you.

Some people have very sensitive skin so they must be careful not to use any fragranced soap and moisturisers. Some people have lots of spots or acne which may need special treatment.

Some people may have skin problems such as eczema or psoriasis which may mean they have to see a doctor regularly.

Some skin problems happen when people eat certain foods or during certain times of the year i.e. when it is very cold.

Skin problems I have are:

I like to use:
Other regular health checks:

Some people need other regular health checks because of their specific conditions.

What other health checks do you have?

- Blood tests
- Thyroid function tests
- Blood pressure
- Peak flow
- Chiropodist
- Weight/Height

Other __________________________
My relationships

Sexual health information for boys

Sexual health information for girls

My understanding of PSHE

This section is private and should not be read without my permission
Puberty and sexual health - for boys

Puberty in boys usually starts later than in girls. You may notice your body changing by:-

- Body sweating
- Facial, underarm and pubic hair
- Voice deepening
- Shoulders widen
- Becoming taller
- Penis/testicles get bigger

You may experience an erection - this is when your penis stiffens. You may experience wet dreams - these are natural, not everyone gets them. This happens at night and sometimes leaves a damp patch.

Lots of young people begin to masturbate during puberty. Masturbating is when you stroke, touch or rub your penis, which feels good. It is normal but not everyone does it. If you do then you should do this in a private place like your bedroom. You may ejaculate - this is when a small amount of semen is squirted out of the penis.

If you have a sexual relationship with another person, it is very important to get some advice first about keeping yourself and your partner safe and healthy. You can talk to your doctor or nurse and get free information and help about contraception. You do not have to have sex to be in a loving relationship.
Girls develop at different rates. You may notice your body changing by:

Breasts developing
Sweating
Pubic, underarm and leg hair
Body changing shape - hips getting bigger
Vaginal discharge - this is normal but if it is itchy or smelly see a doctor.

Lots of young people begin to masturbate during puberty. This is when you stroke, touch or rub your vagina, which feels good. It is normal but not everyone does it. If you do, then you should do it in a private place like your bedroom.

If you have a sexual relationship with another person it is very important to get some advice first about keeping yourself and your partner safe and healthy. You can talk to your doctor or nurse and get free information and help about contraception. You do not have to have sex to be in a loving relationship.

If you don't think you can talk to your family about sex, there are other people you can talk to. You can ask your doctor or nurse for a list of local services.
Your periods

When a girl reaches puberty she begins to have periods. A period is when you lose blood from your vagina. It can be thick and reddish and may have lumps in it. When you first have periods they may not be regular. Once they become regular you will usually get them once a month.

During your period you can use a sanitary towel or a tampon, it is important to change them regularly.

I prefer to use ____________________________

Periods can be painful, pain relief and a hot water bottle can help with this. Speak to your GP for more information. They may also speak to you about forms of contraception such as the contraceptive pill, implant or injection to help regulate your periods and reduce pain. Exercise can help too.

You can feel different when you have your period, excited and happy one minute and very sad the next. This is because of your hormones. Hormones can also make your breasts sore or give you spots just before your period.

I started my periods when I was __________ years old.

Signs of my period pain are ____________________________

I take these tablets when I am on my period ____________________________
My teacher's comments on my level of understanding of PSHE
My Health Action Plan

My Health Action Plan (HAP)
This is a health resource for young people in Croydon who have a learning disability.

It has been developed by:

Noeleen Morritt
Learning Disability Lead for Children & Young People

Charlotte Jones
Special Needs School Nurse

Natalie Chilingirian
Special Needs School Nurse

www.croydon.nhs.uk