

Health action plans

People with a learning disability can often experience more health problems than others but can find it difficult to access the right health services.

Health action plans have been introduced to make sure that everyone who has a learning disability lives as healthy a life as possible.

What is a health action plan?

If you are an adult or a young person with a learning difficulty, our Adult Learning Disability Service will help you set up a health action plan to make sure you receive all the services and support you need.

We will identify your needs and what should be done to treat or manage them. A health check at your local GP surgery will be part of the process.

You can choose to do your plan on tape, video, or any other way you prefer.

Why are you introducing health action plans?

In 2001, the Government published a White Paper entitled "Valuing People: A new strategy for learning disability for the 21st century".

It pointed out the difficulty that people with a learning disability often experience in accessing the right health services, and said it was important that agencies should work together to improve the situation.

People should be offered support to get the health services they need, and everyone with a learning disability should be offered a health action plan.

If you need this in large print, on tape or in

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Full details, forms and advice are available from:

www.luton.gov.uk/learningdisabilities

learningdisabilities@luton.gov.uk

**Health Action Plan Coordinator
Luton Borough Council
Clemilton House
14 Upper George Street
Luton LU1 2RP**

Tel: 01582 54 78 59

Who should have a health action plan?

Every adult and young person with a learning disability should have the opportunity to have a health action plan. It is very important if:

- you are making plans to leave school or college
- you are moving home – perhaps leaving your family home to move into a group home or supported living
- your health is changing – maybe you have to go into hospital
- you are getting older.

What is a learning disability?

“Valuing People” describes a learning disability as including a significantly reduced ability to:

- understand new or complex information
- learn new skills
- cope independently.

This will have started before adulthood and had a lasting effect on development.

Please note that not everyone with a learning disability who would benefit from a health action plan will be able to have other services provided by the council. This depends on individual needs and will be decided following a Community Care Assessment.

How do I get a health action plan?

If you or someone you know has a learning disability, you should contact the health action plan co-ordinator to start the process. If you are contacting us on behalf of someone else, you must first get their agreement.

We will give you more information about the process and identify someone who will act as a Health Action Plan Facilitator to help you complete your health action plan. The facilitator will have had special training in completing this test with you.