

Health Action Plans and Annual Health Checks – What are they?



What are Health Action Plans?

- They promote the values of Rights, Independence, Choice and Inclusion for people with Learning Disabilities and Autistic Spectrum Conditions
- They are about your health needs and the needs of other people in our area. It helps health professionals plan which services are needed in our area
- They are about your individual health needs and the treatment you may need. Health Action Plans look at your whole life; not just your health
- They are about supporting you with your health needs and can involve your family, carers and service providers
- They are about people with Learning Disabilities and Autistic Spectrum Conditions receiving the same health care as everyone else



What are Annual Health Checks?

- Yearly appointments that helps your GP and other health professionals look for conditions that you might not know about and arrange treatment for things like - cancer, heart disease and dementia
- They help you plan what you can do to improve your health, or how best to manage your health
- Annual Health Checks are a '*reasonable adjustment*' because they help GP's check for health conditions that may need treatment



<http://learningdisabilitynurse.com/wp-content/uploads/2012/02/health-action-plans1.pdf>

http://www.improvinghealthandlives.org.uk/uploads/doc/vid_7646_IHAL2010-04HealthChecksSystemicReview.pdf