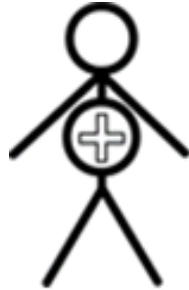


The Better Health Group



Sam Screaton
August 2016



Leicestershire Learning Disability
Partnership Board



- The Better Health Group is a sub group of both Rutland Partnership Board and Leicestershire County Partnership Board
- We meet every other month to talk about health issues

Who comes to the group

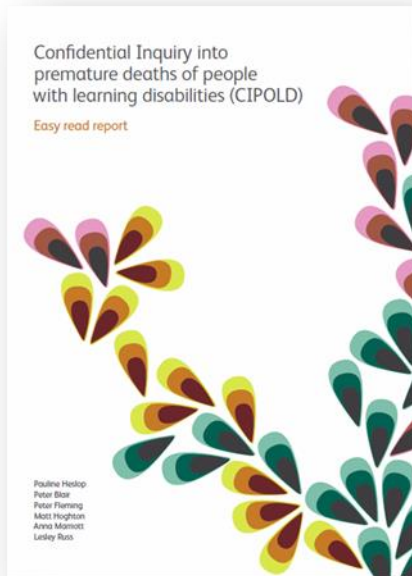


- Self Advocates
- Family Carers
- Health staff
- Council staff
- People who work in care homes

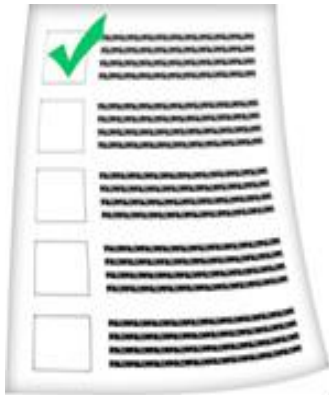
We invite people to visit the meeting to tell us about different things



- This year we will be talking about all of the different screening programmes and someone from NHS England will visit to tell us about them.
- This means things like bowel screening and breast screening



- Someone will be visiting the group to talk about something called the Mortality Review
- This means that a team of people are going to start looking very closely at why people with learning disabilities have died



- At the moment the group are working on a new action plan which we will give to the board when it is finished
- We are also working on the rules and membership of the group. This is called the terms of reference

Learning Disability Health Checks



- The government has said that all people with a learning disability should be offered a health check every year as a way to improve their health
- Having a health check is a good way to check that a person with a learning disability is healthy. The person should always have a health check even if they think they are healthy
- Everyone should go for a health check even if they see other health workers like a community learning disability nurse or a psychiatrist

What should be included in the health check



The persons

- height
- weight
- blood pressure
- waist size
- urine test (wee)
- blood tests if you need them





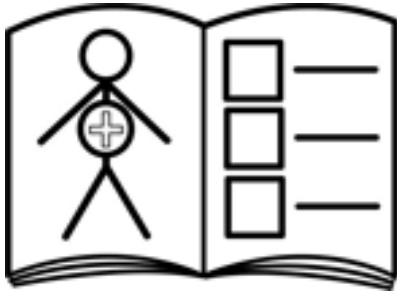
The doctor or nurse should talk about these things at the health check:

- medication (tablets)
- smoking
- drinking alcohol (like beer or wine)
- diet (what you eat)
- exercise
- eyes, ears and skin
- things like epilepsy or diabetes
- going to the toilet
- advice to help you have safe sex
- checking your private parts
- problems eating and drinking safely
- how to stay healthy
- sleeping well



you should talk to the doctor or nurse if you are feeling very happy or very sad




Health Action Plans




- The health action plan is something that can help a person with a learning disability to be healthy
- If you already have a health action plan take it with you to the health check appointment and show the doctor or nurse
- Any advice or actions that the doctor or nurse gives you during your health check should then be written on your health action plan to help you to do it when you go home

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Useful People To Contact



Useful help-lines and other websites



We would like new members to join the group

The meetings are at Bridge Park Plaza in Thurmaston on

21st September 1000-1230

16th November 1000-1230

11th January 1000-1230

For help and support you can contact the Learning
Disability Primary Care Liaison Nursing Team



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