



Health Action Plans

4. Health Action Plans

What is a Health Action Plan?

Health Action Planning has three parts:-

The first is the part of the Person-Centred Plan that says how the person wants to be supported to stay as healthy as possible.

Each person's plan will say what they like to do now, and what they want in the future.

The Health Action Plan will say what the person, and the people who support them, and doctors and other Health Professionals (Nurses, Dentists, Physiotherapists, Speech Therapists etc) will do to help the person do those things.

Some examples of this are:-

- helping people to get fit so that they can do particular things they want to do,



- giving some kinds of treatment at home if the person hates hospital

- helping people to understand how to take care of their own health



The second part of Health Action Planning means that services that support people will have a plan that says what they are going to do to help people to be as healthy as possible in the ways they want.

Health staff will need to plan to make sure that people with learning disabilities have the same quality of care of their health as anybody else. They may need to make sure that there is extra support to help people to get that care.



If somebody has a particular health problem, they should be able to see the person who is most able to help them. They should be able to see heart doctors, eye doctors, if they have those problems.

Doctors and other health professionals may need to learn how to listen to people with learning disabilities, and how to communicate with people in ways they can understand.



All of these things should be included in the plans that say how they want to make services better for people. This is the third part of Health Action Planning.

The Local Implementation Group will need to make sure that everybody understands about Health Action Plans and how they fit with Person-Centred Planning. This means that Health professionals must be included in the training, as well as everybody else.

The Government (Department of Health) has written some guidance on Health Action Plans, and this is included in the Appendix. The Partnership Board will be saying something else about Health Action Plans as well, but it is very important to remember that they are part of Person-Centred Planning.

Area of Need	Actions	By Whom?
• Mental health	• See mental health	• Mental health team
• Physical health	• See GP / clinic	• GP / Clinic staff
• Learning, support	• See LSC / LSC staff	• LSC / LSC staff
• Social relationships	• See family	• Family / Friends
• Employment	• See employment	• Employment / Job
	• See education	• Education / School