

# STAY HEALTHY AT HOME

## CHECKLIST

Your GP surgery wants  
you to stay healthy  
all year round



Please go through this checklist of things you can do to help you stay healthy at home. Keep it safe in the Annual Health Check section of your Purple Folder. Here is a training video to help:

<https://www.youtube.com/watch?v=f8Dm8Gw8J-4>

If you have been given a paper copy of this, then you can open all the links in it by going to the online copy:  
[www.hertfordshire.gov.uk/stayhealthyathome](http://www.hertfordshire.gov.uk/stayhealthyathome)

Or to download it here:



If you need help to use this checklist and to print the guides to help you stay healthy at home then:

- Ask someone who supports you
- Speak to your GP surgery
- Email [purplestarstrategy@hertfordshire.gov.uk](mailto:purplestarstrategy@hertfordshire.gov.uk)
- Or call [01438 844681](tel:01438844681)



If you need help with overcoming barriers for any of these - please refer to the Community Learning Disability Nurses in Adul Social Care V3

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**FOR WOMEN of all ages**

I will start to check my breasts monthly and download the **Breast checking guide** on [www.hertfordshire.gov.uk/LDbreastcheck](http://www.hertfordshire.gov.uk/LDbreastcheck) because everyone, to some level, can keep an eye out for any changes.

**FOR WOMEN and girls aged 14 to 24**

The people who support me will check if I had my HPV vaccine at school and will contact my GP surgery to ask for this if I did not. This is important to help reduce my risk of getting cervical cancer.

**FOR WOMEN WHO ARE 25 YEARS OLD**

When I get invited for my cervical screening [or if I have missed it already] I will download the **Cervical Screening Guide** from [www.hertfordshire.gov.uk/LDsmearstest](http://www.hertfordshire.gov.uk/LDsmearstest) and watch the **Cervical Screening video** to help me understand about why it is needed and what the risks are if I don't have it. If I am worried about this or don't understand, then I should speak to my GP who could refer me to the Health Equalities Nurse to help me make sure all options have been explored.

**FOR WOMEN WHO ARE 50 YEARS OLD**



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When I get invited for my breast screening [or if I have missed it already], I will download the **Breast Screening Guide** from [www.hertfordshire.gov.uk/LDbreastscreen](http://www.hertfordshire.gov.uk/LDbreastscreen) to help me understand about why it is needed and what the risks are if I don't have it. If I am worried about this or don't understand then I should speak to my GP who could refer me to the Health Equalities Nurse to help me make sure all options have been explored.

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### FOR MEN WHO ARE 65 YEARS OLD



When I get invited for my **Abdominal Aortic Aneurysm (AAA) Screening** [or if I have missed it already] I/the people who support me can make an appointment at a local screening centre. I should also look out for symptoms like a pulsing sensation in my tummy (like a heartbeat) or pain in my tummy or lower back.

### FOR EVERYONE WHO IS 60 YEARS OLD



When I get sent a bowel screening kit, [or if I have missed this already] I will download the **Bowel Screening Guide** from [www.hertfordshire.gov.uk/LDbowelscreen](http://www.hertfordshire.gov.uk/LDbowelscreen) and watch the **Bowel Screening video** to help me know about why bowel screening is important. I will get this kit in the post when I am around 60 years old. If I am worried about this, my GP can speak to the Health Equalities Nurse who can help me to make an informed decision about doing the screening.

### FOR EVERYONE



I will start to check my poo because changes in poo can be a sign of constipation or something changing in our bodies. I will download the **Easy read: Know your poo** guide on [www.hertfordshire.gov.uk/LDpoocheck](http://www.hertfordshire.gov.uk/LDpoocheck) and watch the **healthy poo video** to help me know about what a healthy poo looks like. If people support me, they can also learn about healthy poos for me and download the **Bowel movement record chart** to spot any changes.

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### FOR EVERYONE

I will start to check my wee because changes in wee can be a sign of dehydration or urine infection or something changing in our bodies. I will download the **Easy read: Wee colour chart** from [www.hertfordshire.gov.uk/LDweecheck](http://www.hertfordshire.gov.uk/LDweecheck) to help me know about what healthy wee looks like. I should drink plenty of water to make sure I stay hydrated. If people support me, they can read the **Staying Hydrated Guide** to help me spot any changes. I should tell my GP if I am weeing more than normal or if it is painful when I go.

### FOR EVERYONE who is sexually active

I will watch the **sexual health and relationships video** on [www.hertfordshire.gov.uk/LDsexualhealth](http://www.hertfordshire.gov.uk/LDsexualhealth) to help me know about what services are available in Hertfordshire. I should also use [www.zanzu.de/en](http://www.zanzu.de/en) to help me talk about sex, contraception, family planning and pregnancy.

### FOR EVERYONE who has a BMI in the Overweight or Obese category

I will download the **Obesity Health Risks Guide** from [www.hertfordshire.gov.uk/LDweightcheck](http://www.hertfordshire.gov.uk/LDweightcheck). This will help me understand the risks of being overweight and how I can help myself to stay healthy.

The people who support me can use the **Carer's Guide: Tackle Obesity** from [www.hertfordshire.gov.uk/LDweightcheck](http://www.hertfordshire.gov.uk/LDweightcheck). to help me make less unwise choices about what I eat. There are also recording charts on here and lots of helpful tips on [the NHS website](#). If I am not losing weight, I will go back to the doctors to discuss this.

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**FOR EVERYONE who doesn't clean their teeth well or doesn't go to the dentist**

I will download the **Easy read: Healthy Mouth Guide** from [www.hertfordshire.gov.uk/LDmouthcheck](http://www.hertfordshire.gov.uk/LDmouthcheck). This will help me understand the importance of brushing my teeth and gums and keeping my mouth clean. The people who support me should make sure that I regularly attend a dentist and refer me to the **Special Care Dentist Service** if I find going to the dentist difficult.

**FOR EVERYONE with Down's Syndrome aged 30 or over**

I will contact the **community learning disability nurses** on [www.hertfordshire.gov.uk/LDnurses](http://www.hertfordshire.gov.uk/LDnurses) who will do a baseline assessment on my memory. This is because, if my memory changes in the future it will help with early diagnosis of Dementia. If I do get Dementia, I can be given medication to help me if it is diagnosed early. It is really important to do this as soon as I am 30 years old and BEFORE the people who support me notice any changes in my memory.  
[www.hertfordshire.gov.uk/LDdownsdementia](http://www.hertfordshire.gov.uk/LDdownsdementia)

If you need help with overcoming barriers for any of these - please refer to the Community Learning Disability Nurses in Adult Social Care V3

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**FOR EVERYONE who doesn't accept medical investigations**

The people who support me will help me to **overcome my anxieties about health procedures** by making these an everyday activity. They will regularly do medical procedures (e.g., put a blood pressure cuff on me, look in my ears, look in my mouth, feel my tummy, take my pulse and put a blood taking band around my arm). They will help me to understand **WHY** these are done (e.g., doctors need to look in your mouth to help you stay healthy' and then reward positive results). You can find a guide to help you **Prepare for a healthy adulthood** on [www.hertfordshire.gov.uk/LDadulthood](http://www.hertfordshire.gov.uk/LDadulthood)

**FOR EVERYONE with lots of health conditions or at risk of hospital admissions.**

The people who support me will make a referral to the Health Improvement and prevention team for people with learning disabilities who can help me and the people who care for me to spot the signs of becoming unwell and get help early.

HIPLD.Team@hertfordshire.gov.uk

**FOR EVERYONE who refuses injections or blood tests.**

I will contact the Community Disability Nurses for help with making reasonable adjustments and contacting the "beyond reasonable adjustment pathway" for help to make sure I get the healthcare I need.

[www.hertfordshire.gov.uk/LDnurses](http://www.hertfordshire.gov.uk/LDnurses)

If you need help with overcoming barriers for any of these - please refer to the Community Learning Disability Nurses in Adul Social Care V3

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**FOR EVERYONE** who does not have the new 2023 version of the Purple Folder,

I will contact [purplefolder@hertfordshire.gov.uk](mailto:purplefolder@hertfordshire.gov.uk)

The new purple folder is really important to help me get reasonable adjustments and the healthcare I need.

[www.hertfordshire.gov.uk/purplefolder](http://www.hertfordshire.gov.uk/purplefolder)

## Useful Contacts

**Health Professionals** can find information on our service and tools at -  
[www.hertfordshire.gov.uk/LDprofessionals](http://www.hertfordshire.gov.uk/LDprofessionals)

**People with learning disabilities and their carers** can also find information about our services and keeping healthy at - [www.hertfordshire.gov.uk/LDMyHealth](http://www.hertfordshire.gov.uk/LDMyHealth)

**Purple Folder** 01438 843 848

[purplefolder@hertfordshire.gov.uk](mailto:purplefolder@hertfordshire.gov.uk)

If a person with a learning disability (aged 18 and over) doesn't have the new 2023 version of the purple folder please email or call saying the name, date of birth and address. For more information and printing pages, please go to at [www.hertfordshire.gov.uk/purplefolder](http://www.hertfordshire.gov.uk/purplefolder)

**Health and Social Care Service** 0300 123 4042

*Monday - Friday 9-5 service*

If you feel someone may need some help from a Community Learning Disability Nurse or Social Worker. This may be due to concerns you have about: Family circumstances, care support, low level mental health anxiety concerns, meeting / managing their health needs

**Single Point of Access (HPFT)** 0300 777 0707

If someone presents with significant mental health issues, then the best starting point is SPA as they can offer intensive support for people with a mental health and learning disability diagnosis (*beyond a 9-5 Monday-Friday service*).

**Herts Help** 0300 123 4044

<https://www.hertshelp.net/hertshelp.aspx>

[info@hertshelp.net](mailto:info@hertshelp.net)

This is the generic Hertfordshire help service to support people in finding the right service they need. They know what's available, including private and voluntary sectors in all aspects of life.

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