

Useful documents you might have about your health and wellbeing:



Health action plan

This is a list of your health needs and things you need to do around your health.



It might include things like:

- helping you to get more exercise

or



- sending you to another service who can help you



The plan will be agreed with your doctor in your **annual health check**.



An **annual health check** is when you get checked every year by your local doctor or nurse.



Hospital passport

This is an easy read booklet for people with a learning disability. You fill it in before you go into hospital.

About me

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It makes sure everyone in the hospital has the right information about you.



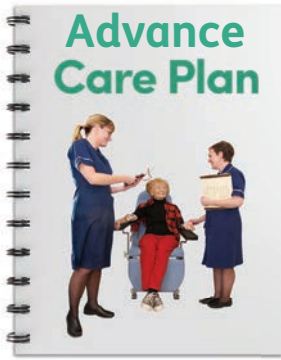
The booklet includes things like:

- things you like
- things you don't like

and



- how you like to be supported



Advance care plan

This is a plan that says what your wishes are if you become very unwell.



The plan will include things like:

- if you don't want to have any treatments

and



- how you want to be cared for

Do Not Resuscitate form

It is sometimes called a **DNR** for short.

A Do Not Resuscitate Form is a form that is signed by a doctor.



DNR



This form tells health staff not to restart your heart if it stops working.



There must be a good reason for this.
It must be planned with the patient
and their family.



Lasting Power of Attorney

This is a legal document.



It is when you ask someone else to
help you make a decision or make a
decision for you.



This could be because you might
become too ill to make decisions for
yourself.