



My Yellow Health Book

Confidential: This means only the people I want can see this



Designed and made "Easy Read" by Bournemouth People First

With help from Poole Forum



Using:



This is a book about my health



My name is:

1980
1964 1972

The year I was born is:



My phone number is:



My NHS number is:



My blood group is:

I am:

Male



Female



Stick photo here



Consent

I need help making choices and giving consent:

Yes 

Sometimes 

No 



Who I want to help me make choices or make decisions for me:

My religious or cultural beliefs are:



Contents



Appointments and Annual Health Checks

- Appointments
- Annual Health Check Information
- Health Action Plans
- My Weight, Height and Blood Pressure
- Vaccines
- Extra Notes



Communication

- My Communication
- At My Appointment
- How to Contact Me
- How I Want Information
- My Eyes and Ears



The Dentist



Mental Health and Wellbeing

- My Mental Health
- What I Do



When I am in Hospital

- Personal Care
- Toileting
- Eating and Drinking
- Mobility and Posture






All About Me



- All About Me
- General Health
- My Family History
- Allergies
- My Skin

How to Use Your Yellow Health Book






My Health Contacts

	 Name and address	 Phone number
 Supporter		
 Hospital Staff		
 Key Worker		



My Health Contacts

	 Name and address	 Phone number
 Social Worker		
 Speech and Language Therapist		
 Occupational Therapist		



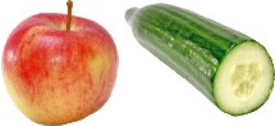


My Health Contacts

	 <p>Name and address</p>	 <p>Phone number</p>
 <p>Community Nurse</p>		
 <p>Dentist</p>		
 <p>Physio</p>		



My Health Contacts

	 Name and address	 Phone number
 Psychiatrist		
 Psychologist		
 Foot Podiatrist		

My Health Contacts

	 <p>Name and address</p>	 <p>Phone number</p>
 <p>Dietician</p>		
 <p>Optician</p>		
 <p>GP</p>		

My Health Contacts

	 Name and address	 Phone number
