

# How I use this book



**This is your Yellow Health Book.**



**This book is for you to fill in information about your health and what support you need to stay healthy and safe.**



**You don't need to fill all the pages but it will help your Doctors and Nurses if you fill in as many as you can.**



**You can ask someone you trust to help you.**



**You should take this book with you when you go to the Doctor, Dentist, Optician and Hospital or other health appointments.**

# How to use this book



**You should also take it with you when you go on holiday or if you stay away from home.**



**It's your book, but you can ask someone you trust to remind you to take it with you.**

**This is your Yellow Health Book for you to keep.**



**You should use your Yellow Health Book with other health documents like the This Is Me: My Care Passport.**

# How to use this book



The Yellow Health Book was made because people with a learning disability wanted more control over their health.



The Yellow Health Book supports the Rights in the Bill of Rights Charter. This was written by people with a learning disability from Bournemouth People First, People First Dorset and Poole Forum.

The Yellow Health Book supports:

- The Right to Good Health Care
- The Right to Communicate
- The Right to Confidentiality
- The Right to Independence
- The Right to Freedom of Speech
- The Right to Support if and when I need it
- The Right to Adulthood



# How to use this book

## Who should see my book?



It is your book so you can say who you want to see it.



The most important people that need to see your book are the people that help you look after your health.



The Yellow Health Book is a way for health staff to help you stay healthy. It will help them to do their job well.



If the health staff have not seen a Yellow Health Book before, you can show them these pages so they can find out more about it.

# How to use this book

## Where should I keep my book?



The information in your book is private so it is a good idea to keep it in a safe place. You could keep it:



In your bedroom



In a safe cupboard or drawer



Or you can ask someone you trust to help you put it somewhere safe

# How to use this book

On the front of your book there is a box called "Red Alert"



Red Alert 

It's important that you write anything in here that people might need to know about you straight away.

For example if you are allergic to something or if you have epilepsy.



# How to use this book



If you would like more information about your book  
OR... if you need extra pages, you can contact:

Dorset HealthCare  
University NHS Foundation Trust



**Dorset Healthcare**



**Call: 01202 458809**



**Website: [www.dorsethealthcare.nhs.uk/learning-disability](http://www.dorsethealthcare.nhs.uk/learning-disability)**

# Community Learning Disability Teams

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**Bournemouth** .....



01202 458809

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**Poole** .....



01202 605830

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**Ferndown** .....



01202 877445

**Weymouth and Portland** .....



01305 760139

**North Dorset** .....



01258 474001

**Christchurch** .....



01202 474106

**Bridport** .....



01308 422234

**Purbeck** .....



01929 553456