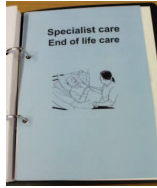


7. Other appointments

There are separate pages for your appointments. For example when you go to hospital, the optician or dentist.



8. Ageing issues and end of life care

This is a special section for when you need more help with your care from the doctors, family and carers.

Need a new 'black book'?

Please ask someone you know well to call your learning disability team.

- If you live in **Bexley** please call:
Tel: **0208 269 3300** (Stuart House)
- If you live in **Bromley** please call:
Tel: **0208 461 7100** (Yeoman House)
- If you live in **Greenwich** please call:
Tel: **0208 921 4860** (Woolwich Centre)

If you already have a 'black book' but would like to know about the new pages you can also call your learning disability team.

Remember to keep your 'black book' in a safe place.

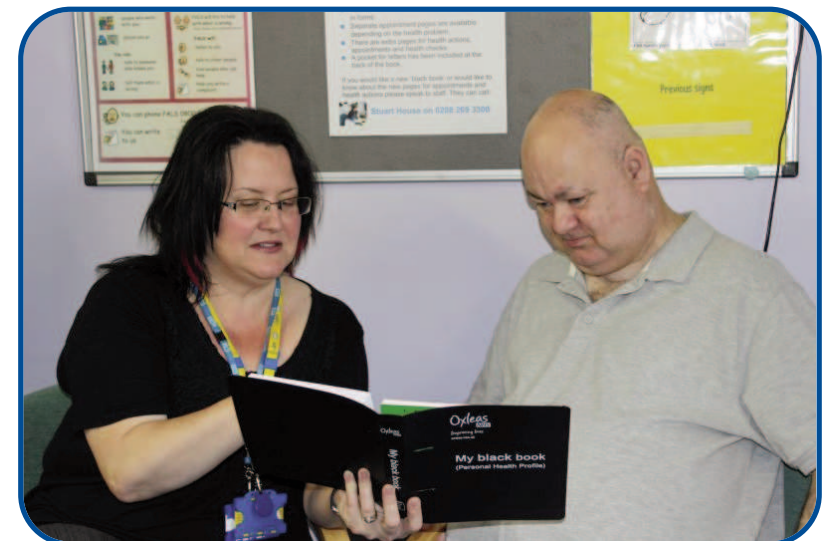


Information about the new 'black book' (PHP)

This leaflet is about the new 'black book'. You take it with you to your doctor, nurse, dentist, optician, or anyone you see about your health. It helps you to share and remember information.

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The 'black book' (Personal Health Profile) is a book about your health. It is called '**My black book**' because it belongs to you.

You choose who can see it and what goes in it. Some people may get their family or carer to fill it in and keep it up to date. You keep the book up-to-date like a diary.

With your new 'black book' you can:


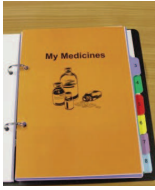
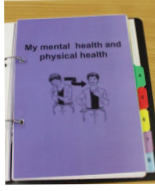

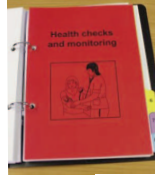
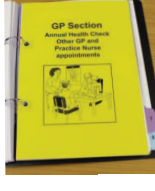
- Take out pages that you don't need.
- Leave pages empty.
- Take out sections if they are private to you and you only want some people to see them.

In your new 'black book' you can:

- See when your next appointment is.
- Tell people how you are feeling, using pictures.
- Put your letters in a pocket at the back of the book.



The first page will tell you what each chapter is so you can find what you need.

 <p>1. About me You, your family or carer can write in information about you. There are also picture boards to help you.</p>	 <p>2. My medicines Your doctor can write down the types of medicines you are having. Your doctor can also write down the medicines that do not make you better.</p>
 <p>3. My mental health and physical health People working with you can write down what help you need. Any help you need will then be a health action.</p>	 <p>4. Health Action Plans Your health is important. A health problem becomes a health action. Your doctor, nurse or another health staff can also include health actions.</p>
 <p>5. Health checks and monitoring It is important to have health checks like your blood pressure, cholesterol. This also includes blood tests and having your flu jabs.</p>	 <p>6. GP section It is important to have your health checked every year by your doctor or nurse. You can then include any problems in your health action plan.</p>