

Towards Independence

Staying healthy



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+ When you become an adult health care arrangements change from when you were a child.

If you have been receiving support from a health care professional or hospital due to your disability, this can be a worrying or difficult time. However with good planning this time can be used to learn how to look after yourself so that you are prepared.

This leaflet will give you further information on:

+ • Moving into adult health services

 • Keeping fit and healthy eating

 • Sexual Health and relationships

 • Getting help and advice

+ Moving into adult health services

As a child or young person with a disability you may have been receiving a lot of support from a health professional. This may be through your school nurse or health team, a Community Paediatrician or another health professional.

As an adult the people that give you the support you need will change. The age at which they change will depend upon who is supporting you. Therefore it is important to ask questions early so that you can begin preparing for the change.

You can ask a health care worker to help you prepare for this by working together on a Health Action Plan.

This plan will look at your health needs and what support you will need to stay safe and healthy in the future. The plan will help you and your family think about your future.

This can also be a good time for you to learn how to take better care of yourself as an adult and take responsibility for some of your health care needs.

For more information speak to your GP, Paediatrician or health care worker.



Keeping fit and healthy eating

As an adult we often get to make more choices about what we do and what we eat. In order to stay healthy we need to make good choices.

It is important to try and keep active. This can be by going to a leisure centre and using the gym or swimming pool. However you can also keep active by enjoying other sports and activities.

For information on sports and leisure activities in Kingston look at the 'Sports and Leisure' leaflet in this pack.

It is also important to keep eating healthily as an adult. However it can be difficult to know what a healthy meal is or know how to prepare a healthy meal.

The following services and websites can help you find out more about how to stay fit, eat healthily and prepare healthy meals.

Change4Life www.nhs.uk/change4life

This website gives tips on healthy eating, staying fit and also provides information on activities in your local area.

Easy Health www.easyhealth.org.uk

This web site contains Easy Read leaflets on going to the doctors, staying fit and healthy, health action plans and different health problems.

NHS Choices www.nhs.uk

This website helps you make choices about where you receive your health care support from, as well as giving advice and information on staying fit and healthy.

Food Standards Agency: **Eat Well** www.eatwell.gov.uk

This website answers questions about what makes a healthy diet and also gives you tips and recipes to help you eat well.





Sexual health and relationships

Part of growing up is about learning to make choices about relationships, health and well-being.

If you have a disability, you still have equal rights to relationships, access to sex and relationships education, contraception and sexual health information as any other young person.

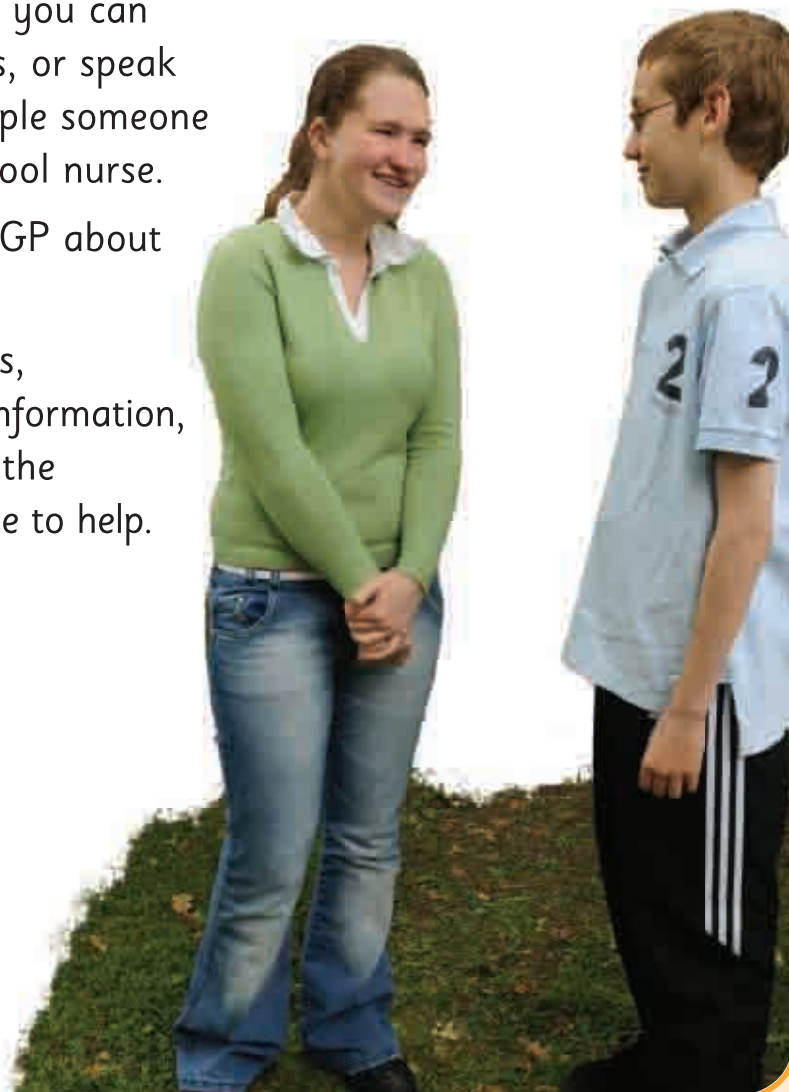
It is quite normal to have lots of questions about sex and relationships, and to need some support and advice in this area of our lives. There are lots of people and organisations who can offer support and advice.

You should get the opportunity to learn about sex and relationships in your Sex Education classes at school. These classes should help you to learn about relationships, emotions, sex, sexuality and sexual health.

If you have a question that you don't feel confident enough to ask in class, don't bottle it up! Perhaps you can ask at the end of the class, or speak to someone else, for example someone in your family or your school nurse.

You can also talk to your GP about sex and contraception.

If you have more questions, or want to find out more information, then the organisations on the following pages may be able to help.



Contact a Family

CAF have published a booklet for disabled young people on sex and relationships. You can see this leaflet online at

www.cafamily.org.uk/pdfs/GrowingUpYoungPeople.pdf

Or you can order a copy of it free of charge from Contact a Family by calling 0808 808 3555. There is also information provided for parents of disabled young people.

The Brook Advisory Service

Provides free and confidential advice on sex and relationships to young people under the age of 25. There is information for disabled young people on its website.



Website: www.brook.org.uk

Helpline: 0800 018 5023

FPA Family Planning Association

Provides free and confidential advice about sex and relationships.

FPA has various publications on and around sex and relationships for people with learning disabilities, including a CD-ROM called 'All about Us' on sex, sexuality and relationships for people with learning disabilities.



Website: www.fpa.org.uk

Helpline: 0845 122 8690

Mencap

Mencap have some useful information and links on sex and relationships on their website.



Website: www.mencap.org.uk

STAYING HEALTHY

The National Autistic Society

The NAS have produced a section on Sex Education for Children and Young people with an Autistic Spectrum Disorder. This includes advice and information for parents about when to talk to your child and young person, and incorporating visual aids to support understanding.



Website: www.autism.org.uk

Call: 0845 070 4004 (Monday to Friday)

The National Children's Bureau Sex Education Forum

This contains a wide variety of information sheets for parents and professionals, including one that focuses on children and young people with a learning disability.



Website: www.ncb.org/sef

Ku19

Clinics run throughout the borough including at the Connexions Office in Brook Street, Kingston. To find out where the nearest clinic to you is and when you can go there:



Call: 020 8549 6323

Or text 07781 488019.

These clinics are run by nurses.

The Point @ The Wolverton Centre

This is a free clinic located at Kingston Hospital. The clinic is on Tuesdays from 4-6pm. You do not need an appointment.



Website: www.gettington.org.uk

STAYING HEALTHY

Teenage Pregnancy Team

This team is based in Eagle Chambers, Eden Street, Kingston. They can offer you advice and support.



Tel: 020 8547 6943

Email: Teenage.Pregnancy@rbk.kingston.gov.uk

Disabled Parents Network

This is a national organisation of and for disabled people who are parents or who hope to become parents, and their families, friends and supporters. If you are thinking about having children then you can contact DPN for advice, information and support.



Website: www.disabledparentsnetwork.org.uk

Tel: 0300 3300 639

Sometimes even though you have planned how to stay fit and healthy you still need help and advice. There may be questions that you don't know the answers to or your health needs may change.

Your GP should be able to help you with questions that you may have. However if you need further help and advice then these organisations may also be able to help:

NHS Direct

This is a 24hr nurse led helpline and website. Any information you give to the nurses is confidential.



Tel: 0845 4647

Website: www.nhsdirect.nhs.uk

Patient Advice and Liaison Service (PALS)

PALS is a service designed for patients, relatives and carers who may need help and advice with health care issues.



Tel: 020 8339 8107

Website: www.kingstonpct.nhs.uk