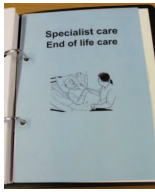
 <p><b>7. Other appointments</b></p> <p>There are separate pages for your appointments. For example when you go to hospital, the optician or dentist.</p>	 <p><b>8. Ageing issues and end of life care</b></p> <p>This is a special section for when you need more help with your care from the doctors, family and carers.</p>
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### 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: **020 8269 3300**
- If you live in **Bromley** please call:  
Tel: **020 3871 5680**
- If you live in **Greenwich** please call:  
Tel: **020 8921 4860**

If you need extra pages please speak to staff. They can print off extra pages from Oxleas' website:

<http://oxleas.nhs.uk/gps-referrers/learning-disability-services/personal-health-profiles>

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

## Information about the black book (Personal Health Profile)

This leaflet is about your 'black book'. You take it with you to your doctor, dentist, optician or anyone you see about your health.





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:


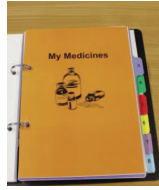
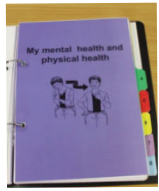

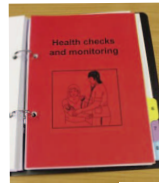
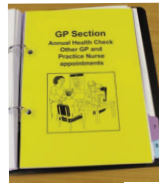
- take out pages that you don't need.
- leave pages empty.
- take out sections if they are private to you and you only want some people to see them.

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><b>1. About me</b> You, your family or carer can write in information about you. There are also picture boards to help you.</p>	 <p><b>2. My medicines</b> Your doctor can write down the types of medicines you are having. Your doctor can write down the medicines that make you feel unwell</p>
 <p><b>3. My mental health and physical health</b> People working with you can write down what help you need. Any help you need will then be a health action.</p>	 <p><b>4. Health Action Plans</b> 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><b>5. Health checks and monitoring</b> It is important to have health checks like your blood pressure, cholesterol. This also includes blood tests and having your flu jabs.</p>	 <p><b>6. GP section</b> 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>