

An Easy Read guide to

Self Care

Some good ideas to help
you stay healthy



Adapted from Self Care - some helpful thoughts by
Dr Stephen Tompkins

Easy Read



What is Self Care?



Self care is about doing small everyday things for yourself to keep yourself healthy and happy so that you can have a good life!



There are lots of things we can do for ourselves to stay healthy.



Sometimes we may need to ask for help from nurses and doctors.

What can we do?



Use medicines properly, making sure you take them at the right times.



Find some exercise you like and plan to do it as part of your routine.



Watch your weight.



Ask your family and friends to help you.



Eat healthy food.



Find time to relax.



Make sure you have regular health checks with your doctor or nurse.

The circle of good life

This is the circle of having a good life. If you eat well and exercise you will feel good...



Eat well



Enjoy life



Enjoy doing exercise



Feel good

How to make changes

Step 1.



Think about
what you want
to change

Step 2.



Set small goals
that will help you
make the change

Step 3.



Have a go!

So one example could be: If you are unhappy and want to make new friends...

Step 1.



I will find out about
local clubs and
support groups

Step 2.



I will go to a
group and meet
new people

Step 3.



I will feel happier
as I have
new friends

What will help?



Make a plan about what you want to change...



Set goals that you can do, don't make them too hard.



And don't worry if things don't work the 1st time- have another go!

Your plan



Your plan should be **SMART!** This means it should be:



Specific- say exactly what you want to change
Measurable- say how you will check it has changed
Appropriate- say how the change will be good for you
Realistic- make goals that you know you can do
Timed- set yourself a time that you will stick to

For example, if you want to lose weight then your plan could be:



Specific-
I want to lose 1 stone



Measurable-
I will weigh myself at the local chemist



Appropriate-
Being overweight is not helping me to stay healthy



Realistic-
I know I can do this



Timed-
I will lose the weight by the Christmas party in 8 weeks time.

Remember

Take small steps to reach your goal and enjoy the journey!



Your circle of support



It will help you if you have people who can help support you to make changes and reach your goals.

The people who help you are called your circle of support.

In your circle of support you might want;



Family,



Friends,



Health staff



and your social worker

Why is exercise good for you?

Exercise is really good for us!
Just some of the ways it will help you are:



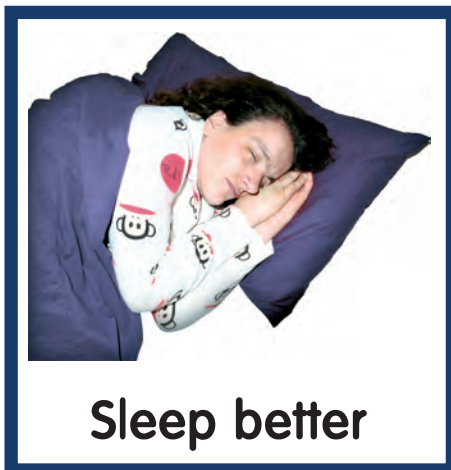
Feel fitter



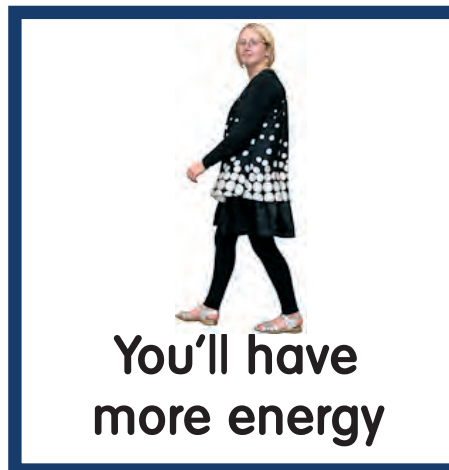
Feel stronger



Keep weight down



Sleep better



You'll have more energy



You'll feel more relaxed



You'll feel happier

Useful Contacts



The NHS Patient Advice and Liaison Service (PALS)



The Customer Care Team can help you with any questions or worries you have. They can also help you get information or give you advice.



01305 361 285

PALS@dorset-pct.nhs.uk



The Expert Patient Programme (EPP)

This is a course for people with conditions, who would like to know more about Self care.



01305 368 900

expertpatient@dorset-pct.nhs.uk



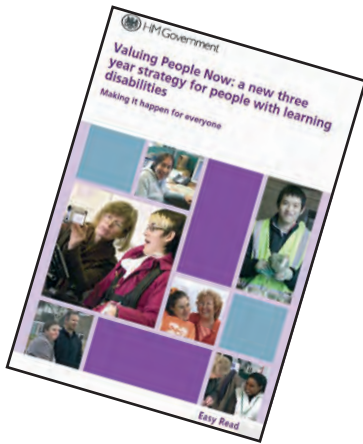
Healthpoint

They give free health advice in Dorset, Poole and Bournemouth.



01202 675 377

healthpoint@poole.gov.uk



Valuing People Now

A website about a plan made by the Government to make things better for people with learning disabilities.



www.valuingpeople.gov.uk



Easy Health



Easy Health is a website with lots of easy information and videos about health.



www.easyhealth.org.uk



Dorset People First

A speaking up group run for and by people with learning disabilities. They also run a friendship group.

01305 257 600



www.dorsetpeoplefirst.co.uk

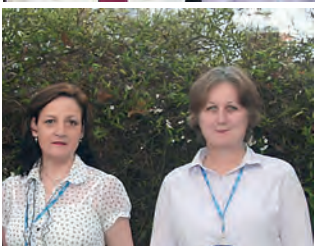


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