

## 11. GETTING AROUND

Getting around independently is important.



This checklist can be downloaded from [www.sunderlandactionforhealth.co.uk](http://www.sunderlandactionforhealth.co.uk).

It is free to use for personal use and with people you support.

If you have mobility problems you may qualify for a blue badge and use disabled parking bays.

You don't have to be a driver, you can have a blue badge if you are a passenger.



To find out more go to: [www.gov.uk/apply-blue-badge](http://www.gov.uk/apply-blue-badge)

# THINGS TO CHECK

1

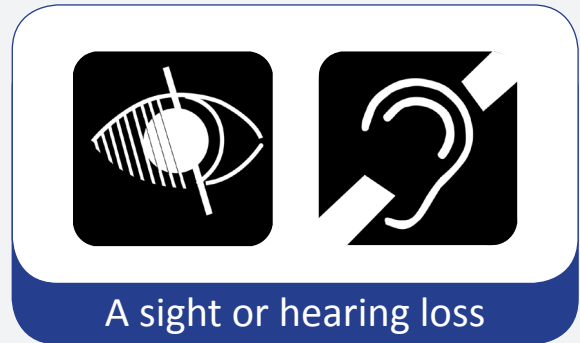
Have you started to have more falls?



This could be caused by:



A physical disability or illness



A sight or hearing loss



Not having the right shoes



Not having the right aids



Loss of confidence

It is important to have a check up at your doctor's surgery if you have any problems.

You may have a health problem that needs treating.

Make sure you have had a recent eye test. See our 'Eyes and Eyesight' checklist.



2

Do you need advice about aids to help you get around?



An occupational therapist can give you support.

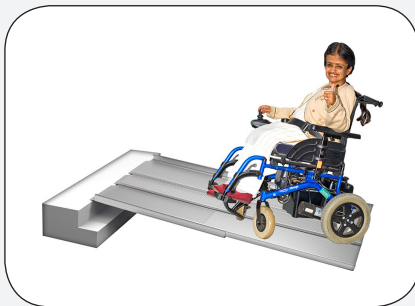
Their job is to help people to be as independent as possible. Talk to your doctor who may be able to refer you to your local team.



They can help you to feel more confident about going out and about.



They can advise on changes to your home to make it better for you.



They can advise on aids to help you get around at home and be more independent.

Your social worker may be able to plan some extra support to help you get more independent again. This is called 'reablement'.

# THINGS TO CHECK

An physiotherapist can help with mobility.

Physiotherapists help people with their movement if they are injured or have an illness or disability. Talk to your doctor who may be able to refer you to your local team.



They can give people exercises to do that make their muscles stronger.



They can also advise on walking aids that can help you move around independently.

3

If you use a wheelchair is it faulty or uncomfortable?



It is important to have your chair checked by your local wheelchair service.

## Easy Health

Easyhealth is run by an organisation called Generate Opportunities Ltd.

There are Easy Read leaflets about 'occupational therapy' designed by many different organisations.

Look in the 'Health Leaflets' section.



[www.easyhealth.org.uk](http://www.easyhealth.org.uk)

# USING THIS CHECKLIST

This checklist is a part of The Health Action Planning toolkit available from [www.sunderlandactionforhealth.co.uk](http://www.sunderlandactionforhealth.co.uk)

The Health Action Planning toolkit is free to use.

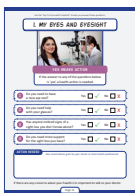


- There are 20 other checklists in the series covering a wide range of health issues.

There is a Health Action Plan template which has two sections.



- In the first section you can record important health information about yourself including your allergies, immunisations, family history, health conditions and medication you take.



- In the second section of the Health Action Plan template you can record your answers to the questions from each of the 21 checklists.



- There are also a series of Easy Read Health Action templates that you can use to record the progress you make on addressing a health action. You can record what the health action is, who will help and what steps need to be taken.

  
**Sunderland**  
**Clinical Commissioning Group**

The Health Action Planning Toolkit was originally developed by The Clear Communication People Ltd in partnership with Surrey & Borders Partnership NHS Foundation Trust health professionals and other health professionals in Surrey.

This checklist has been adapted for the Sunderland Clinical Commissioning Group.

The Health Action Planning Toolkit is intended as a aid to support people with learning disabilities to access the support and advice of qualified health professionals. The Clear Communication People Ltd take no responsibility for medical diagnosis, advice and treatment given in conjunction with the use of this checklist.

- Easy Pics imagenbank © The Clear Communication People Ltd
- Some photosymbols used - go to [www.photosymbols.com](http://www.photosymbols.com)