

12. MY SKIN AND HAIR

It is important to check the moles on your skin.



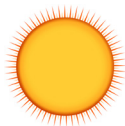
This checklist can be downloaded from www.sunderlandactionforhealth.co.uk.

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

Anyone who has more than 100 moles is at greater risk of melanoma (skin cancer).

It's important to help people stay safe in the sun.

Some people who use a wheelchair cannot take themselves out of the sun and into the shade.



Some people might need reminding to wear suncream or to move out of the sun into the shade.

THINGS TO CHECK

1 Do you need more support to stay safe in the sun?



You need to have these things:



A sun hat



Suncream



Sunglasses

You may need help or reminding to stay safe in the sun. Everyone who supports you needs to know the help you need.



Some medication can make you more sensitive to sunlight. You burn more easily.

Your doctor or chemist will give you advice about this.



If you can't move yourself out of the sun your supporters need to help you stay safe.

2

Do you need more support with a skin condition you have?



There are many skin conditions.

Common skin conditions include dry or greasy skin, psoriasis, rashes, spots or eczema.



Some people with a learning disability can be prone to dry skin which can be sore.

You may need support to use moisturiser or other creams you need.



You may need help to make sure towels and clothes are cleaned regularly.



You may need more support with personal hygiene and keeping your skin clean.

Your doctor will give you advice about your skin condition.

3

Do you need to talk to your doctor about a problem with your skin?



Report any new moles, 'ugly looking' moles or changes in moles to your doctor.



Look out for rashes, wounds and spots.



Body odour could suggest a skin infection or that you need help with hygiene. Talcum powder can help to keep your skin dry.



Avoid pressure sores by changing position often if you use a wheelchair.

Tell your doctor about any problems you have with your skin.

4

Do you need more support to look after your hair?



You may need support if:



Your head often gets itchy, or you get dandruff (white flakes in your hair).

Your local chemist can give you advice about treatments.



You need help to keep your hair clean.



You need help to go to the hairdressers for a haircut.

Easy Health

Easyhealth is run by an organisation called Generate Opportunities Ltd.

There are videos about skin conditions and Easy Read leaflets about sun care designed by many different organisations.

Look in the 'Health videos' and 'Health Leaflets' section.



www.easyhealth.org.uk

USING THIS CHECKLIST

This checklist is a part of The Health Action Planning toolkit available from www.sunderlandactionforhealth.co.uk

The Health Action Planning toolkit is free to use.

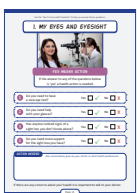


- There are 20 other checklists in the series covering a wide range of health issues.

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.

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