Developing a Health Profile

What is a Health Profile?*
A person-centered Health Profile is a document that:
- Brings together all the information about an individual’s health.
- Keeps a person’s helpers (DSPs, family members, friends) up-to-date about the person’s health.

Why is a Health Profile important?
A health profile is important to:
- Help individuals communicate with supporters about their health.
- Help individuals communicate with doctors about their health.
- Help supporters monitor an individual's health.

How do I write a Health Profile?
You can develop a Profile by:
- Gathering your team: the individual, people who care about individual (family, friends and supporters), and people who know about the individual's health (doctors, nurses, supporters, Regional Center Service Coordinator).
- Asking the individual and the support team person-centered questions.
- Making the Health Profile WITH the person, not for the person.
- Writing down the information so it is easy to understand and easy to find.

Even if you know the person you support well, it is still important to talk about the person’s health with the other members of their support team.

What do you write in the Health Profile?

What is working well with the individual’s health?
- How do they feel on a day-to-day basis?
- What ongoing health problems they have and how they are being treated?
- Things the individual should keep doing

How could the individual’s health be better?
- Diet, exercise, and weight
- Things the individual should stop doing
- Things the individual should start doing
- Things the individual should do more often

What medicine and vitamins does the individual take?
- What medicines or vitamins they take
- How much they should take (dosage)
- What time(s) they should take it
- Why they are taking it (diagnosis)
• Who prescribed the medicine

**What do others need to know to help the individual stay healthy?**

*Ask the individual:*
• What should others know about your health?
• How can they help you stay healthy?

*Ask the team:*
• Are there other things the support team should know?
• How can the support team help the individual stay healthy?

**What’s next?**
• Use the empty Health Profile on page 5 to write your own!
• Give a copy to the individual and their support team.
• Most importantly, change the Health Profile when the individual’s health needs change.

**Make Your Own!**
On page 3, is a sample Health Profile. Use it to help you fill out the empty Health Profile starting on page 5!

**Other Things to Look At**
These slides are about person-centered thinking and health. If you want to find out more about person-centered thinking, go to: The Learning Community for Person Centered Practices, [http://www.elpnet.net/](http://www.elpnet.net/)

*People living in Community Care Facilities already have documents like Health Profiles: current physician’s reports, health histories, and Individual Program Plans (IPPs). These documents can be found in an individual’s file.*
How John Stays Healthy

SAMPLE

What is working well with John’s health?

*John says* –
- I feel good and I don’t get sick very often
- My medicine helps the pain in my legs

*Others say* -
- John gets plenty of exercise
- His blood pressure is lower than six months ago
- He walks to the bus stop every day
- He stays away from salt and sugar
- He is happy most of the time

How could John’s health be better?

*John says* –
- I could walk someplace for exercise on the weekend
- I could remember to take my medicine on my own

*Others say* -
- He could do more weight bearing exercises
- He gets very sad on the weekends when he has nothing to do
- He could take Vitamin D every day
- He could gain a few pounds

What medicine and vitamins does John take?

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<thead>
<tr>
<th>Name of Medicine or Vitamin</th>
<th>How much do I take and when</th>
<th>Why I take it</th>
<th>Who said to take it</th>
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What do others need to know and do to help John stay healthy?

*John says:*
- Remind me to walk on the weekends
- Help me figure out things to do on the weekends

*Others say:*
- Help him get Vitamin D from the drug store and remind him to take it
- Remind him about his blood pressure, if he is using salt and eating things with sugar in it
- Help him figure out things to do on the weekend and remind him about walking
- Remind him that it’s okay to eat seconds if he is still hungry
- Help him set up a weight bearing exercise routine
Health Profile for:

What is working well with your health?
*Individual says* –

*Others say* -

How could your health be better?
*Individual says* –

*Others say* -

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What medicine and vitamins do you take?

What do others need to know and do to help you stay healthy?
*Individual says:*

*Others say:*