

3b2

Primary Healthcare Needs

Do

Address unmet or ongoing health needs that inhibit participation.

Story

Tina was overweight and at risk of diabetes. Arranging a visit to the GP addressed health issues and increased her motivation to join an exercise class.

‘One young woman with learning disabilities, who also has epilepsy, works for a city council. Her supervisor has been on a course about epilepsy and her work colleagues have been instructed as to what to do if she has a seizure. She also has a card with details of her medication and what to do’. *(Hemmings & Morris 2004, p23)*

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Primary Healthcare Needs

Hints & Hazards

Health issues may inhibit participation, while improving health may be a motivating factor for engaging in community-based activities. While addressing primary health care needs first will help some people connect with community opportunities, sometimes it is better to simply go for it! People with disabilities might be (1) denied primary healthcare, (2) denied secondary healthcare, (3) inappropriately referred to secondary healthcare because primary care staff are 'passing the buck'; (4) inappropriately referred to the disability

specialist when they ought to be in other kinds of specialist healthcare. To challenge these things, some people have an advocate attend the appointment with them.

Work together to prepare some notes before attending to indicate what is working and not working with regard to the treatment and health problems. Develop a Health Action Plan as part of the Person-Centred Plan. (*Department of Health 2002*)