

## **Harrow Shared Lives Scheme Policy & Procedure No. 17**

### **Staying Healthy and Making Use of Health Resources**

The Harrow Shared Lives Scheme recognises everyone has a right to lead the kind of life they want and to have the same opportunities as other people in the community. This includes opportunities to enjoy good health and to access the resources that are available for this in community health, hospitals and other specialist facilities.

#### **How would this happen?**

Before starting any Shared Lives (SL) arrangements SL Carers receive general information and training about people's rights and how to support people in their daily lives. This includes understanding the importance of enabling you to do as much as possible for yourself in relation to your own health and health care - for example by having up-to-date information about health issues, making informed choices about following a balanced diet, taking appropriate exercise or participating in health screening or routine check-ups.

In a Shared Lives arrangement you will be able to continue to see your own doctor and dentist and other health professionals working with them wherever possible. If you are staying with your SL Carer and are too far away for this, we will discuss other possible arrangements with you / your representative so that you / your representative can make an informed choice about the options. You will also be able to access other NHS resources in the area such as having hearing or sight tests when required.

If you have any health needs these will be described in your Service User Plan as well as the ways that you would like your SL Carer to support you with these. Also included will be the names and roles of any health professionals who are involved. If you are in a treatment or rehabilitation programme and require assistance with this, your SL Carer will follow the directions given by the relevant professionals. When you need to see any health professionals, SL Carers can support you in making and keeping the appointments if you wish and also in

communicating and understanding information or in getting an independent interpreter for the appointments.

If you require any aids or special equipment in order to help you to do as much as possible for yourself, these will be provided after assessment from an appropriate professional.

Your need for, and ongoing use of, the aids and equipment will be reviewed whenever your Service User Plan is reviewed and so will any other health-related needs. This will happen at least once a year or sooner if you request it or if your health or circumstances change significantly.

If you have any queries about your health or medication that your SL Carers cannot answer, they will help you to get information from your GP, a pharmacist or other relevant health professional.

If your SL Carers believe you may be unwell or in need of assessment and/or therapeutic intervention from a health professional they will discuss this with you so that you can make an informed decision about a referral. If you do not appear to be able to make an informed decision this will be discussed with your family and/or representative and/or relevant professionals to agree a way forward that is in your best interests. There is more information about this in our policies on Making Choices and Decisions, Handling Medicines and Confidentiality.

If you have any accidents, serious illnesses or other events that adversely affect your health, safety or wellbeing your SL Carer will record the details and let your SL Worker or the Scheme know without delay. The Scheme will take responsibility for notifying the Care Quality Commission when this is necessary.

**See these other policies and procedures and documents for further information on:**

- Equal opportunities
- Making choices and decisions
- Confidentiality
- Communication
- Daily life and inclusion in the community
- Joint working and information sharing
- Training and development
- Health and safety
- Safe working practices (including moving and handling)
- Risk assessment and risk management
- Responding positively to people who challenge services
- Accidents and dangerous occurrences
- Record keeping
- Personal care
- Intermediate care
- Handling medicines
- Communicable diseases and infection control
- Food safety and nutrition
- Smoking and the use of alcohol and drugs in the service
- Service User Plan
- Individual planning, monitoring and reviews