



Health Ease for Me

Your guide to being well and staying well



This booklet has been co-produced by:

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The purpose of this booklet is to improve the health and wellbeing of people with an intellectual disability, and the people who support them.

Co-production means we worked together to make sure this booklet is clear, useful and easy to understand for everyone.



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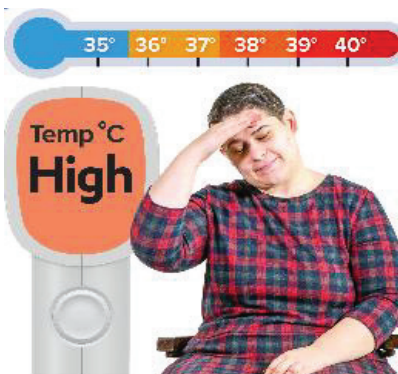
**Looking after
your health is
important!**



When you are healthy you may feel happier and have more energy.



Be aware of what feeling well is like for you!



When you feel unwell you may:

- Feel tired or weak
- Be in pain
- Feel dizzy
- Have difficulty breathing
- Feel too hot or too cold
- Notice changes in your body like swelling or skin changes

(Remember there may be other signs and symptoms that show you are not well, but they are not listed here).

What to do when you feel sick



Tell someone you trust.
If you are alone, call someone and ask for help.



You may need rest or to take medicine to help you feel better.
You may need to stay at home to protect yourself and others.



If you still feel sick you will need to visit your GP practice. Getting help early is the right thing to do!

Making a GP appointment



Contact your GP practice. Ask for an appointment and tell them if you need extra time and support.



Extra time and support is called **reasonable adjustments**; these are changes made to help you.



When you are given an appointment, write it down or put it in your phone.

Getting ready for your appointment



Think about what you want to say. It may be helpful to write it down. Keep your 'Health Passport' up to date and bring it with you. Bring your phone if you have the Health Passport App saved on it.



You will be asked questions about your health and how you are feeling.



You may need a family member or carer to help you.

What to expect at your appointment



You may have your blood pressure checked.



You may have your bloods taken.



You may be asked if it's ok to check your body.

This is called a physical examination.

What happens next



You may be prescribed medication and given advice on things you can do to help you feel better.



You may be given another appointment and asked to come back, or referred to another service such as dietetics or for an x-ray.



You may be referred to hospital or the Chronic Disease Management Hub.

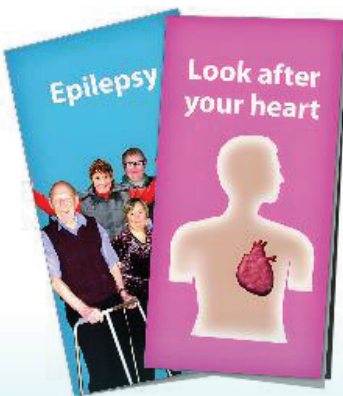
What is a Long-Term Health Condition?



Some people are living with long-term health conditions.



A long-term health condition is a health problem that does not go away. It can be managed with medicine and care.



Long-term health conditions include constipation, epilepsy, diabetes, heart conditions, chest conditions and others.



When you have a long-term health condition you will have more appointments with your healthcare team.



You

You need to attend these appointments to help you stay well.



With the support of your healthcare team you will learn to self-manage your condition.



Self-management means learning about your condition and how to live with it.

Tips to help you self-manage your health



Follow the advice from your healthcare team. They will tell you what health checks you need and how often you need them.



Take your medicine as prescribed.



Follow your GP's advice on what vaccines you need. Take part in health screening when you are the right age.



Make healthy food choices and stay hydrated.



Move your body by stretching, walking or doing gentle exercise.



Try to get enough rest, sleep and relaxation.



Pay attention to your body and if you notice something feels different ask for help.

Nobody knows more about how your health condition affects you, than you do!



Remember, self-management is team work, you are not alone.

Five Steps to Wellbeing

The 5 Steps to Wellbeing are simple things you can do every day to help your body and your mind feel good. They are: Connect, Be Active, Keep Learning, Give and Take Notice.

Doing these things helps you to stay healthy. They can also help to make you feel happy, calm and confident.

Doing them often can help you feel more in control of your life and your feelings. Let's take a look at each one and how they can help you feel your best!



1. Connect: Talk to friends, family or someone you trust. This will help you have better days.



2. Be Active: Exercising makes you feel good. Find a physical activity that suits you and your level of fitness and mobility.



3. Keep Learning: Try something new! It can be something simple like a new recipe or a new hobby.



4. Give: Be kind to others or say something nice to them.



5. Take Notice: Enjoy the beauty of nature around you. Enjoy time spent with family and friends.

Words and Terms Explained



Chronic Disease Management Hub: Local centres that provide specialist healthcare teams that support people to manage their long-term health conditions.



A Dietitian works in dietetic services. They give advice on food choices to protect your health and keep you well.



Dizziness is when you feel light-headed, wobbly, or like the room is spinning.



GP means General Practitioner. A GP is a doctor you see when you feel sick or need a health check.



GP Surgery/Practice or Primary Care Centre: This is where your GP works. You can see nurses and other health care workers here too.



Health Action Groups: Groups of people with an intellectual disability who focus on supporting others to stay healthy. They work to improve links and access to health services in the community.



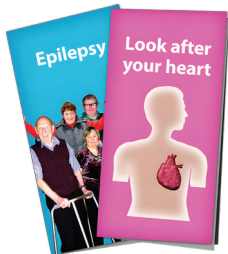
Health Passport: The Health Passport is a way of sharing important information about you with your healthcare team.



Healthcare Team: These are all the people who help take care of your health, like doctors, nurses, and therapists.



Hydrated or being hydrated: This means your body has enough water. Having drinks that have water in them every day helps keep you hydrated and feeling well.



Long-term Health Condition: A health problem that does not go away, like epilepsy, asthma or diabetes.



Medicine: Medicine is something you take when you are sick or not feeling well. It helps your body feel better or stops an illness from getting worse. Medicine can come as a tablet, liquid, cream, or even an injection (a small needle).



Mobility: Mobility means how easily you can move your body. This includes standing, sitting, walking, or using things like a wheelchair or walking stick to help you move around.



Pharmacist: A pharmacist knows about medicine and how it works. They check that you get the right medicine and explain how to take it safely.



Pharmacy or Chemist: Is where the pharmacist works, and where you go to get your medicine.



Prescription: A prescription is a note from your doctor that tells the pharmacist what medicine you need.



Reasonable Adjustments: These are small changes to help make your visit to the doctor or hospital easier, like extra time or a quiet space.



Sick or Unwell: This means your body or your mind does not feel good. You might feel tired, sore, hot, cold, or just not like yourself.



Signs and Symptoms

These are ways your body tells you that something might be wrong, like a sore throat, a sore tummy, or feeling dizzy.



Vaccines: Vaccines are special medicines that help protect you from getting sick. You usually get vaccines as a small injection (needle) from your GP or nurse.

Useful Links

Helpful websites for more information.

Health Passport	https://www.hse.ie/eng/services/list/4/disability/disability-quality-improvement/health-passport-intellectual-disabilities/
A guide to screening for carers and the people they support. National Screening Service	https://assets.hse.ie/media/documents/A_guide_to_screening_for_carers_and_the_people_they_support.pdf www.BreastCheck.ie www.cervicalCheck.ie www.BowelScreen.ie https://www2.hse.ie/conditions/diabetic-retina-screening/your-appointment/www.mariekeating.ie
Asthma	https://www2.hse.ie/conditions/asthma/managing-your-asthma/ https://www.asthma.ie/
Constipation	https://www2.hse.ie/conditions/constipation/
COPD	https://www2.hse.ie/conditions/copd/copd-supports/ https://copd.ie/
Heart Health	www2.hse.ie/conditions/coronary-heart-disease-chd/
HSE Health Promotion	www.hse.ie/healthandwellbeing
HSE Living Well Programme	www.hse.ie/LivingWell
My medicines list	www.safermeds.ie
Osteoporosis	www.irishosteoporosis.ie/information-support/fall-prevention/

Useful Links

Helpful websites for more information.

Healthy living
for life.
Marie Keating
Foundation

<https://mariekeating.ie/wp-content/uploads/2025/06/96701-ITEM-2-Marie-Keating-Foundation-Healthy-Living-for-Life-HR-final.pdf>

Self-management
support

www.hse.ie/selfmanagementsupport

Educational videos have been co-produced to support the understanding of this booklet. Links to the videos will be available together with the online version of the Health Ease for Me booklet.

Health Passport



Scan QR code
for website





Published December 2025