

# The Yellow Health Book for people with learning disabilities



The Yellow Health Book is a folder where you can keep all of your health information.



It is for anyone with a learning disability who is over the age of 16 and who lives in Dorset including Bournemouth and Poole.

You can get one from:



- your doctor's surgery



- your Connexions worker if you have one or at your year 11 review



- Bournemouth People First (01202 303765)



- Poole Forum (01202 746040)



Fill out the pages with all your health information and take it to all your health appointments like the dentist or doctors.