

KEEPING WELL



A booklet about health
for people with learning disabilities

**This booklet will help you
to keep well as you get older.**

**As you get older your body
changes and you need to take
more care of your health.**

HEALTHY LIVING

Keeping active and eating healthy foods helps you keep well as you get older.



Ask your Doctor or Nurse for advice about exercise and a healthy diet.

EYES, MOUTH...

Keeping your eyes healthy

You need to get your eyes checked every 2 years at the Opticians.



You may need to wear glasses.

Keeping your teeth and mouth healthy



You need to get your teeth and mouth checked every 6 months at the Dentist, even if you wear false teeth.

...EARS AND FEET

Keeping your ears healthy and hearing good

Do you find it hard to hear things? You should tell your Doctor or Nurse, you may need your ears checked.



You may need a hearing aid.

Keeping your feet healthy

Do your feet hurt?



Shoes that don't fit can make your feet hurt.

If your feet hurt you should tell your Doctor or Nurse who may send you to see the Chiropodist.

You need to keep your toenails cut.

Ask someone to help if you can't do this.



WOMEN'S HEALTH

Women who are getting older should have a Mammogram.

This means having your breasts X-rayed. You will get a letter telling you when to go.



If you have sex you need to have a Smear Test every 3 years.

This is to make sure that your vagina is healthy. Your Doctor will do this.

As women get older their periods stop. This is normal. It is called the Menopause.

It can make you feel upset or angry. You can have hot flushes and feel sweaty.

If this is happening to you, tell your Doctor or Nurse.



MEN'S HEALTH

Men who are getting older might pee more often.
If you are peeing more often tell your Doctor or Nurse.



Every man should check their testicles (balls).

If you see or feel any lumps you must go to the Doctor.



STAYING FIT...

Keeping your heart healthy

Your heart needs to pump blood around your body.

If your heart is not working well you may get out of breath quickly.

Your feet and fingers may feel cold.



You need to get your blood pressure checked by your Doctor or Nurse.

AND HEALTHY

Keeping your weight healthy

If you are overweight your heart has to work harder.
Being underweight can also make you ill.



Your Doctor or Nurse will tell you how much
you should weigh.

Keeping fit and healthy into old age



As you get older you may
find it harder to walk and
climb stairs. Older people
sometimes fall.

If you have problems
getting about, tell
your Doctor or Nurse.

SLEEPING PROBLEMS

As you get older you may not sleep so well at night.



You may find it hard to go to sleep. You may wake up in the middle of the night. If this keeps happening tell your Doctor or Nurse.

GOING TO THE TOILET



**If you are peeing
or pooing too much
tell your Doctor
or Nurse.**

**If you find it hard to
pee or poo tell your
Doctor or Nurse.**



DO YOU HAVE PAIN?

As people get older they may get more aches and pains. This is when a part of your body hurts.



Tell someone if you have pain.



You may need to see your Doctor or Nurse.

TAKING TABLETS

If you take tablets or medicine you should see your Doctor every few months to talk about it.



If you think that your tablets or medicine are making you feel ill tell your Doctor straight away.

SAD OR MIXED-UP?



Sometimes people feel fed up and unhappy. If this keeps happening to you tell your Doctor or Nurse.

As people get older they sometimes forget things and get mixed-up. If this happens to you tell someone.



FIND OUT MORE

From Down's Syndrome Scotland

'Let's talk about getting older' – a booklet about ageing, the menopause and keeping fit and healthy.

'Let's talk about dementia'.

'Let's talk about death'.

From Health Promotion Library

'Keeping yourself healthy' series:

- A guide to a healthy mouth.
- A guide to checking your breasts.
- A guide to having a smear test.
- A guide to examining your testicles.
- A guide to having a healthy heart.

Ask your doctor or nurse for the telephone number of your local health promotion library.

From the Department of Health

'50 or over? Breast screening is for you' – a booklet explaining the breast screening process.

Down's Syndrome

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SCOTTISH EXECUTIVE

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