

All about the Health Equality Framework



This booklet tells you:

- What the Health Equality Framework is
- How the Health Equality Framework can help you to stay healthy
- How to complete the Health Equality Framework questions

This document was written by **Public Health Wales**.

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How to use this document



This is an easy read document. But you may still need support to read it. Ask someone you know to help you.



Words in **bold blue writing** may be hard to understand.



Where the document says **we**, this means **Public Health Wales**. For more information contact:

Website: phw.nhs.wales

Phone: 029 2022 7744



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What is the Health Equality Framework?



The **Health Equality Framework** is a way checking on your health and life so

- You can be as healthy as possible.
- You are treated fairly by services to stay healthy.

Sometimes the **Health Equality Framework** is called the **HEF**.



The **HEF** helps the health and social services work together to help your healthy.



The HEF is a big document that your **health professional** uses.

Health professionals are people that work in health services like learning disability nurses.



To use the **HEF** and make sure it has the right information in it, your **health professional** will ask you questions about you, your health, and your life.



Health professionals must listen to what you say and your choices about your health.

How can the HEF help you?

If you have a **HEF** it can help you make changes so you can



- Chose where to live



- Keep active



- Eat healthy food



- Get the health services you need



- Be treated fairly



- Be as healthy as other people



The **HEF** helps you tell services what you need to help make you healthier.

The **HEF** helps services know what they need to do differently so you can be healthier.

What will I be asked?



To use the **HEF** and make sure it has the right information in it, a health professional will need to ask you questions about you, your health, and your life.

You will be asked questions about:



Where you live. For example in a shared house, with your parents, or on your own.



What you do. For example you may have a job, do volunteering or go to day services.



What are your health needs. For example you may need to take medicine every day.



What your communicatin needs are. This is about what is the best way to talk with you and share information. For example you may have a hearing aid, like Easy Read documents, or use a communication board.



What you do to stay healthy. This means things like the food you eat, if you smoke, what exercise you do.



How services help you stay healthy. This means things like have you had an Annual Health Check, do you go the dentist, can you see your doctor if you need?

Answering the questions



We have made the questions we ask you easy to understand.



If you are asked a question which is not easy to understand, ask your health professional to explain more clearly.



You can have someone with you when you answer the questions if you want. This could be:

- A friend or family member
- A support worker
- An **advocate**

An **advocate** is someone who helps you speak up for yourself so you can:

- Say what you want to say
- Get things done that you want to happen



It does not matter what your answers are. It is not a test you are going to pass or fail

It is important that you tell your **health professional** exactly what you think so they can help you stay healthy or get healthier.



Your **health professional** will talk to you about what changes may be needed to keep you healthy or get healthier.

You will be given a copy of your **HEF** to keep.