

Learning Disability Annual Health Check



Learning Disability Strategic Health
Facilitation Team

Derbyshire Healthcare NHS
Foundation Trust

Learning Disability Annual Health Check



You can get an Annual Health Check, if you

- Have a Learning Disability
- and
- Are aged 14 years or over



Contact your doctor's surgery for more information and to book your Annual Health Check appointment.

What is a Learning Disability Annual Health Check?

	<p>You can get an Annual Health Check if:</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> you have a Learning Disability and <input checked="" type="checkbox"/> you are 14 years or older
	<p>It's a head-to-toe health check</p>
	<p>The doctor will ask lots of questions about how you are feeling</p>
<p>Doctor's Surgery</p>	<p>It takes place every year at your doctor's surgery</p>
	<p>It is free</p>
	<p>Your appointment needs to be at least 30 minutes long</p>
	<p>You will get a Health Action Plan that tells you how to stay healthy</p>
	<p>Find out more about Annual Health Checks by speaking to your doctor's surgery</p>
<p>It helps you to keep healthy.</p>	<p>*LINK TO ANNUAL HEALTH CHECK VIDEO* https://www.youtube.com/watch?v=5FWFfh_2wVo</p>

Who can get a Learning Disability Annual Health Check?



You can get an Annual Health Check if:

- you have a Learning Disability and
- you are 14 years or older



You need to be on the Learning Disability Register of your doctor's surgery



Contact your doctor's surgery to find out if you are on their Learning Disability Register







You can still have an Annual Health Check even if you feel healthy



Find out more about Annual Health Checks by speaking to your doctor's surgery






How can you book your Learning Disability Annual Health Check Appointment?

“Anyone with a Learning Disability aged 14 or over, can get a free Learning Disability Annual Health Check at their doctor’s surgery.”

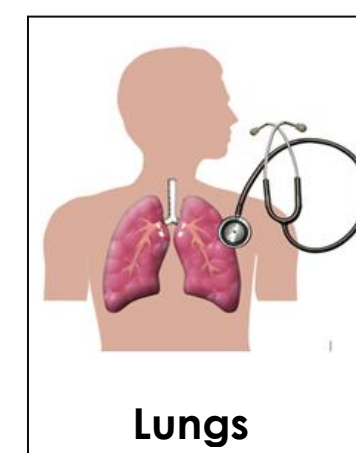
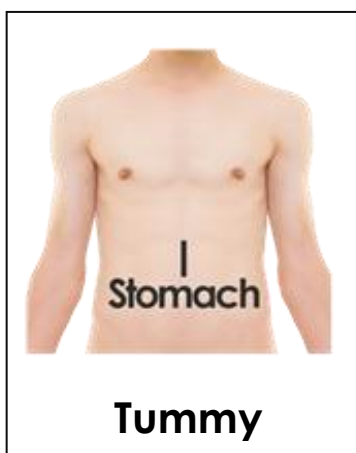
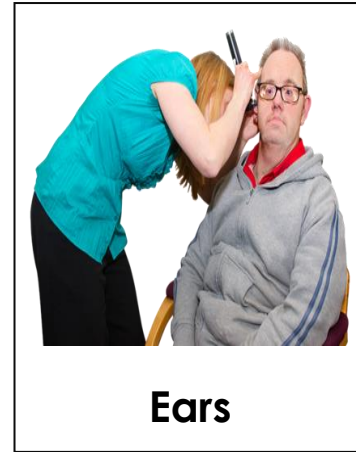
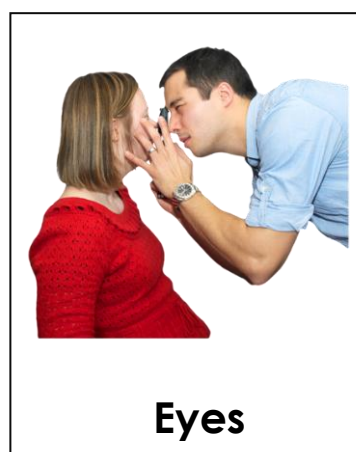
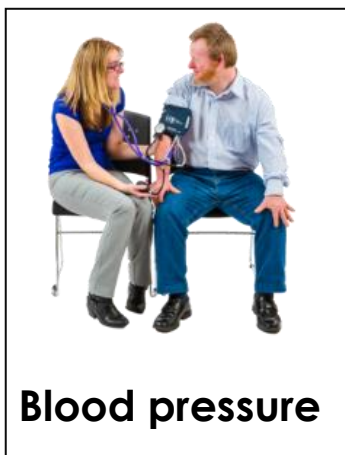
	<p>Your doctor’s surgery will phone you or send you an appointment letter to let you know about your appointment date and time</p>
 <p>Doctor’s Surgery</p>	<p>Your Annual Health Check appointment will take place at your doctor’s surgery on a day and time that is good for you</p>
 <p>Pre health check questionnaire</p>	<p>Your doctor’s surgery may send you an easy read pre health check questionnaire before your appointment</p>
	<p>You or your carer can fill in this questionnaire and bring it with you when you go to your Annual Health Check appointment</p>
	<p>You or your carer should contact your doctor’s surgery before your Annual Health Check appointment to let them know if you have any specific requirements or if you need any reasonable adjustments</p>

What Happens at Learning Disability Annual Health Check appointment?

“Anyone with a Learning Disability aged 14 or over, can get a free Learning Disability Annual Health Check at their doctor’s surgery.”

 <p>Doctor’s Surgery</p>	<p>You go to your doctor’s surgery for the Annual Health Check on the date and time of your appointment</p>
	<p>Annual Health Check is a head-to-toe health check</p>
	<p>Your doctor’s surgery may ask to do part of your annual health check on the telephone or video call</p>
	<p>Your appointment needs to be at least 30 minutes long</p>
	<p>Your doctor’s surgery may ask you to bring a sample of your wee</p>

The doctor or the nurse may check your:



The doctor or nurse may ask you about:



The medications you are taking



The food you eat



Your lifestyle



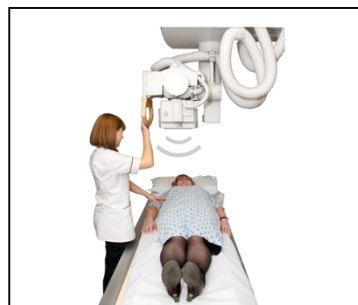
The exercise you do



If you are having any problems going to the toilet



How you are feeling







Tests you can have to check for cancer



Your covid vaccine and flu vaccine



Any other health appointments you may have

	<p>The doctor or nurse may do some extra tests if they think you need them like a:</p> <ul style="list-style-type: none">• blood test• wee test
	<p>The doctor or nurse may refer you to see someone else</p>
	<p>You will be given an easy read Health Action Plan; this will tell you what you need to do to stay healthy</p>
	<p>The doctor or nurse may give you easy read information about how to stay healthy</p>

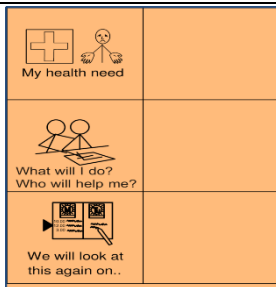
What is a Health Action Plan?



The doctor or nurse will give you a Health Action Plan at the end of your Annual Health Check appointment



The Health Action Plan will be written in a way that you can understand



Your doctor or nurse will explain what your health needs are



The Health Action Plan will tell you what you need to do to stay healthy, like: exercising or eating healthy or making another appointment



It should tell you who is going to help you stay healthy



It should have a date when will it be looked at again

Top tips for your Learning Disability Annual Health Check appointment:



You can take your carer or your family member or anyone else that you trust to your Annual Health Check appointment at your doctor's surgery.



Ask your doctor or nurse to explain things you cannot understand



Don't feel rushed, take your time



Tell the doctor or nurse if there is anything that is hurting or worries you about your health



Ask the doctor or nurse for a Health Action Plan at the end of the check up



Bring any health information or charts you want to show the doctor or Nurse



If you have your old Health Action Plan, you can bring it when you come for your Annual Health Check appointment