

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