

My Annual Health Check

What my Health Check should include



What is an Annual Health Check?



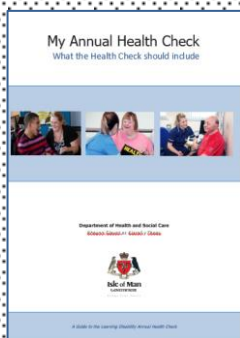
An annual health check is a yearly check-up at my doctor's. It should be offered to people with a learning disability from the age of 14.



Having a health check every year with my doctor can help me find out if I have any health problems.



It is a good way of helping me stay healthy. I can ask my doctor about anything that is worrying me. I do not have to be ill or poorly to have a health check.



This booklet is a guide to let me know what to expect at my health check and the things the doctor or nurse should ask. I can ask my carer/family member or support worker to help me with this booklet.

How do I get my Annual Health Check?



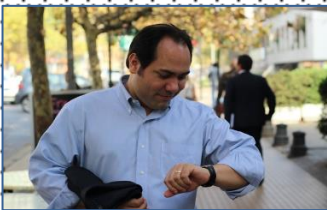
My doctor's surgery should contact me when my health check is needed. This can be by post, phone or text. If I do not get invited for a health check I, or my carers can contact the surgery to request one.



I should then arrange an appointment at my doctors and go there at that time for my health check.



If I cannot make my appointment I should try to let my doctor's surgery know and other arrangements can be made.



My health check will usually take half an hour to an hour.



If I'm not sure how to make these arrangements I can ask for help from my carer/family member or support worker. I can choose to have somebody with me at my health check if I wish.

Do I have to have an Annual Health Check?



No, I don't have to have my health check. I can say no to all or part of the health check. Although I don't have to, it's a really good idea for me to have my check.



My doctor or nurse will ask me for *consent* before any tests or treatments are given.



Consent means me giving my permission for something to happen.



If my doctor or nurse thinks I understand information then it is up to me to decide if I want to be treated. This is called *informed choice*

What happens at my Annual Health Check?



During my health check the doctor or the nurse will do the following:

An overall check of my mental and physical health.



I will have my weight and height checked.



I will have my heart rate checked.



I will have my blood pressure checked.



I will have my urine (wee) checked. The doctor or nurse will give you a bottle. This may be able to be done at a later date.

What happens at my Annual Health Check?



I will have my eyes and my ears checked.



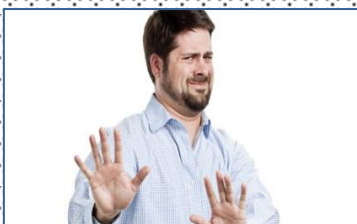
I will be asked about my medicine and tablets to see if they are helping me.



I will be asked if I'm having any stomach pain, sickness or problems going to the toilet.



I will be asked if I'm having any chest pain or breathing problems.



I have the right not to talk about anything that upsets me or makes me uncomfortable.

What happens at my Annual Health Check?

I will be asked questions about my lifestyle choices, such as...



The food I like to eat (my diet) and talk about what I can do to improve my diet.



What exercise I do and if I can do more to improve my health.



Do I smoke cigarettes or use a vape?



Do I drink alcohol like beer and wine?



Do I take any other drugs like cannabis (weed)?

What happens at my Annual Health Check?

The doctor or nurse should also ask:



About my mental health. If I am worried about anything, how my mood is (happy or sad), am I forgetting things?



About any long term illnesses I have such as asthma, diabetes and epilepsy.



About any other health staff who are supporting me.

The doctor or nurse might do extra tests:



If my learning disability has a certain cause I might need an extra test. Some people need a thyroid check. I might have to have my blood taken for some extra tests.

What happens at my Annual Health Check?



If I have relationships my doctor or nurse can talk to me about sexual health and contraception.



My doctor or nurse will be able to talk to me about health problems that are common in men.



My doctor or nurse will be able to talk to me about health problems that are common in women.



I can ask my doctor or nurse for information about my health to take home with me.



Younger People: The health check should be talked about when I'm planning to move from child to adult services. This should be discussed during meetings with my carers/family members and the staff who are helping me with the move.

How will my Annual Health Check meet my needs?

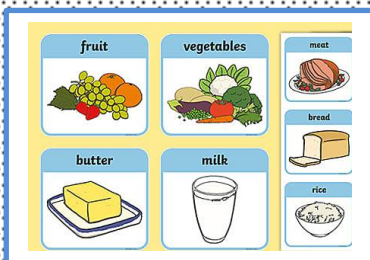


By making *reasonable adjustments* my doctor's surgery can help me to have a successful health check.



Reasonable adjustments are changes that need to be made so I can use services the same as everyone.

Here are some *reasonable adjustments* your surgery can make.



Use Pictures



Use large Print



More appointment time



Offer appointments at times that meet my needs



Allow for my communication needs



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