

Annual Health Checks for People with Learning Disabilities

A Guide for Parent/Carers in Bromley



What will you learn about?

- ✔ What 'learning disability' means
- ✔ Why annual health checks are important
- ✔ What happens at an annual health check
- ✔ How to book an annual health check
- ✔ Where to find more information

What does 'learning disability' mean?

A person is likely to have a learning disability if they:

- struggle to understand new or difficult information
- struggle to learn new skills
- find it difficult to do things on their own.

These difficulties would have started when they were young and have continued as they have got older.



Why are annual health checks so important?

People with a learning disability often have poorer physical and mental health than other people. An annual health check can improve people's health by spotting problems earlier.

People with a learning disability can sometimes find it hard to know when they are unwell, or to tell someone about it. A yearly health check gives people time to talk about anything that is worrying them and means they can get used to going to visit the Doctor.

People can often miss out on health screening and vaccinations that will keep them well. A yearly health check will help keep up to date with vaccinations and health screening.

So what is an Annual Health Check?

Annual Health Checks are offered to all people with a learning disability who are over 14 years old.

They are completed at the Doctor's Surgery. If reasonable adjustments are needed then it is really important that you tell the Surgery when you ring to make the appointment.

The health check might happen in one appointment or over a number of visits.



What happens at the Annual Health Check?

The check can take up to an hour and may include:

- ✔ Blood pressure check
- ✔ Weight/Height/BMI Measurement
- ✔ Blood Tests (only if needed)
- ✔ Check of eye and ear health
- ✔ Review of medication - may include prescription for new medication
- ✔ Referrals to other services (if needed)

At the end of the health check the Doctor will complete a Health Action Plan for the person you are caring for.



How to get one for the person you look after

The main thing is, it's easy!

All you need to do is ring the person's Doctor's surgery and explain that you care for someone with a learning disability.

Then ask if you can book an appointment for an Annual Health Check.

Or, you can fill in the health check postcard on behalf of the person (if they are unable to do this themselves) and hand it into the Surgery or send it by post.

...it is that easy!



If the person you care for needs reasonable adjustments to be made in order for the health check to take place then tell the receptionist.

This might include:

- ✓ Having someone come along with them to the health check
- ✓ Slowing down what is said and using easy words
- ✓ Having a quiet space to wait
- ✓ Telling the Doctor about things that scares/worries the person you care for.

Further information

[NHS England » Annual health checks](#)

www.mencap.org.uk/advice-and-support/health/dont-miss-out