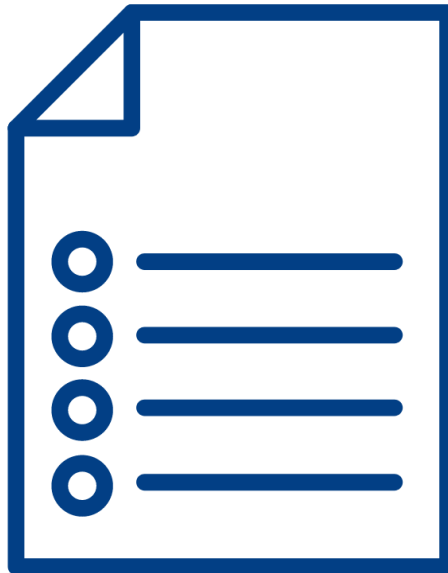


Annual Health Checks for People with Learning Disabilities

A Guide for Parent/Carers in Bromley



What you will learn about in this leaflet

- ✔ **What 'learning disability' means**
- ✔ **Why annual health checks are so important**
- ✔ **What is an annual health check**
- ✔ **What happens at an annual health check**
- ✔ **How to get an annual health check for the person you look after**
- ✔ **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 healthcare professionals.

Even if people have a lot of hospital appointments, they 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.

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 by a healthcare professional. 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 is designed to be thorough and can take up to an hour. It 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 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 healthcare professional will complete a Health Action Plan for the person you are caring for.



How to get an annual health check for the person you look after

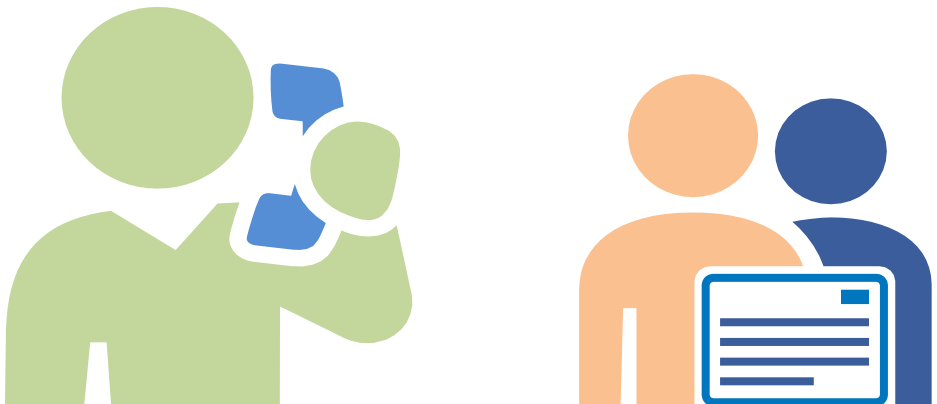
The main thing is, it's easy!

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, if you have been given a health check postcard, you can fill it in 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 healthcare professional about things that scares/worries the person you care for.

Further information



 Mencap



 Bromley Local Offer

If you have any questions or queries about the learning disability annual health check, please discuss with the GP practice. Any further feedback can be raised with your practice team. If your query remains unresolved you can contact the South East London Integrated Care Board - Bromley using the following email address bromley.contactus@selondonics.nhs.uk