



One
Gloucestershire

Transforming Care, Transforming Communities

WHAT TO EXPECT

Learning Disability Annual Health Check



Who Can Have an Annual Health Check?

If you are on the Learning Disability Register, you should be invited to an Annual Health Check every year If you are aged 14 and over



An Annual Health Check is a yearly check-up at your doctor's surgery.



Having a health check every year, can help you find out if you have any problems you need help with.



It is a good way of helping you to stay healthy.



This booklet is a guide to let you know what to expect in your Annual Health Check.



The Annual Health Check involves going to your GP Surgery and a Doctor or Nurse checking things about your health.



It is a good time for you to talk about anything that is worrying you.



A doctor



A nurse

The Health Check usually takes around 20 to 40 mins with a Dr or Nurse or Health Care Assistant

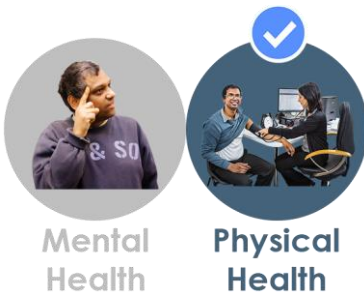


Other people may also help to review your mental health or medication



During the Annual Health Check, the Doctor or Nurse may carry out the following:

An overall check of your body:



The Doctor or Nurse will look at your physical health.

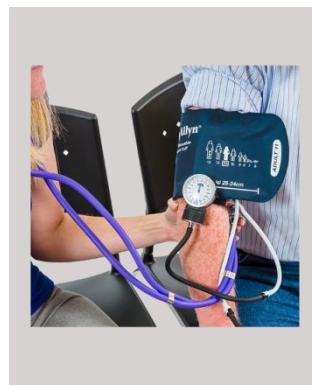
These things might happen



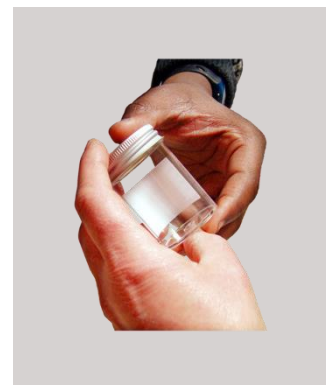
Check your weight



Check your heart rate



Check your blood pressure



Take a urine (wee) sample

The doctor or nurse should



Ask questions about your lifestyle



Ask questions about your mental health



Ask about other health professionals you may see



Check on any prescribed medicines



Check on whether any long-term illnesses are being well managed



Review of any arrangements with other health professionals

Extra tests

Extra tests



The Doctor or Nurse may do extra tests if you need them.

Blood tests and Vaccinations



Sometimes you may be asked to have a blood test.

Please make sure you have had plenty to drink as this will help to make taking your blood easier.



You may be offered a COVID or Flu Vaccination.

Information

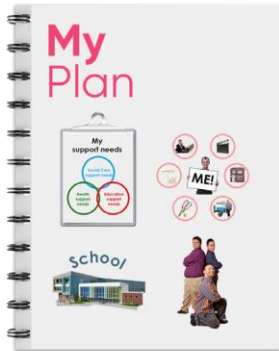


You will get any health information you need. This might be healthy eating, exercise, safe sex, or support to stop smoking.



The information you get should be easy for you to understand.

Younger People

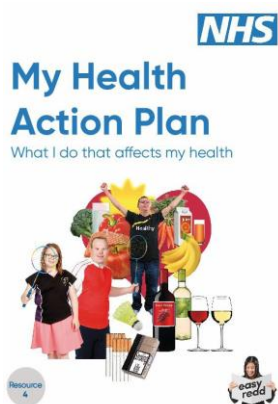


The Annual Health Check is a good place to have some of the planning conversations when you are moving from child to adult services.

How will the Annual Health Check be tailored to meet my needs?



People with learning disabilities have lots of different needs.



Sometimes these are written down in a Health Check Action Plan that the Doctor or Nurse can look at (if you want them to).



Putting **reasonable adjustments** in place can help you to have a successful health check.



Reasonable adjustments mean making changes so your appointments are easier.

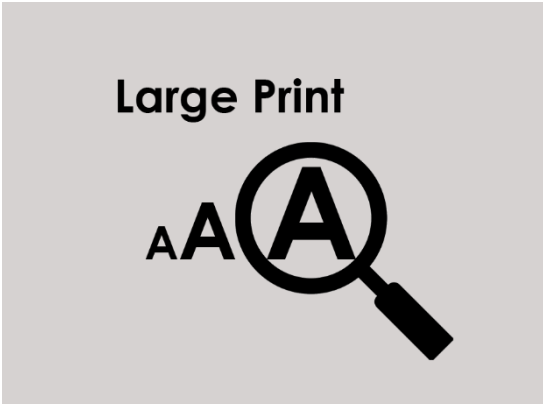
Reasonable Adjustments



These adjustments can include:



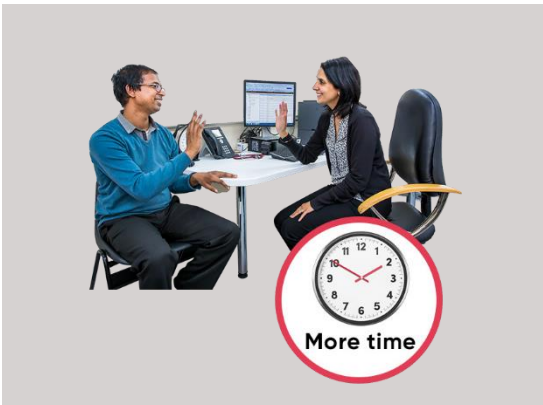
Using pictures



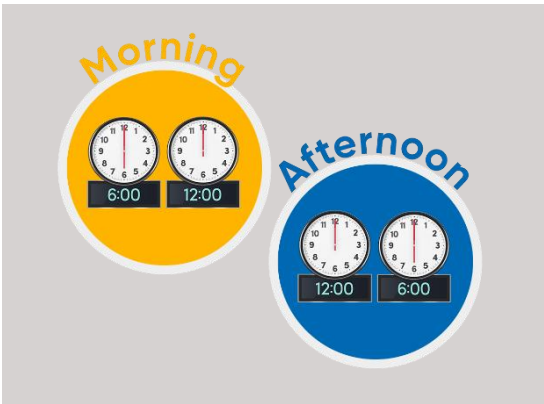
Large print



Simple language to help explain what is happening



Booking longer appointments



Having your appointment at the start or the end of the day



Talking to your doctors how they can best meet your needs

Do I have to have an Annual Health Check?



No, you don't have to have an Annual Health Check. Although, it's a really good idea to help you stay well.



You, or someone who helps you, can ask the doctor or nurse for more information about the process.



You can then give your **consent** before any tests or procedures are carried out.



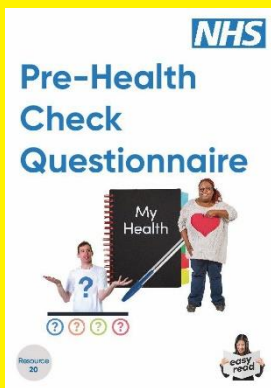
Consent means giving your permission for something to happen.

Can I request who I see?



You can ask to see someone you choose, but it may not be possible.

Is there anything I need to take with me?



Please bring your completed pre-health check questionnaire. You can get someone to help you with this.



You can also ask your GP Surgery for a copy.

Is there anything I need to take with me?



Please also bring a urine (wee) sample.

(If you have them) please also bring:



Bowel charts



Fluid charts



Seizure charts



Diet intake charts



MAR Chart

This will help your visit go smoothly and make sure the Doctor or Nurse has all the information they need.

This booklet was co-produced by Inclusion Gloucestershire and Gloucestershire ICB

