



# Annual Health Checks

In this booklet we will be looking at:



- The Learning Disability Register



- Annual Health Checks



- Reasonable Adjustments



# The Learning Disability Register



## What is a Learning Disability Register?

A list of people with a learning disability that the GP Practice looks after.



## Who can be on the register?

Anyone with a learning disability.



## Why is it important?

Anyone on the learning disability register who is 14 and over should be asked to come into the GP practice for an annual health check once a year.



# Learning Disability Annual Health Checks



People with a learning disability often have poorer physical and mental health than other people. This does not need to be the case.



It is important that everyone over the age of 14 who is on their doctor's learning disability register has an annual health check.



An annual health check can help you stay well by talking to a doctor or nurse about your health and finding any problems early, so they can be sorted out.



# What happens during an Annual Health Check?

Some of the things to expect are...



A physical check-up, including weight, heart rate and blood pressure



You may need to wee in a small pot for your urine to be tested. You may also need to have a blood tested.



You can chat to the person doing your annual health check about staying well and ask for help if you need it.



You may be asked about some health problems that are seen more in people with a learning disability. Such as;

- Epilepsy
- Constipation
- Problems with swallowing
- Sight and hearing problems



You will be asked about your medicines to make sure you are being given the right medicines when you need them.



Checks may be done to see how you are feeling if you have a health problem such as asthma or diabetes.



You will be asked if your family or carers are getting the support they need too.



# Reasonable Adjustments



The NHS must make it as easy for disabled people to use health services as it is for people who are not disabled. This is called making reasonable adjustments.

**Ask your doctor if you need any reasonable adjustments, such as:**



- Using pictures, large print or simpler words to say what's happening
- Booking longer appointments or having a carer with you
- Putting an appointment at the beginning or end of the day, if you find it hard to be in a busy waiting room



The reasonable adjustments you need should be written down in a health profile or health action plan that the doctor or nurse can use.



Anyone with a learning disability can ask to go on the learning disability register.



Or complete the letter below and send it to the GP practice.

Dear GP practice,

Name \_\_\_\_\_ Date of birth \_\_\_\_\_

NHS number \_\_\_\_\_

I am writing to check I am on the learning disability register. If I am not already, please could you put me on the register.

I need the following reasonable adjustments to help me in my appointments.

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Name of person completing form:

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Take any evidence of your Learning Disability along with you to share with your GP Practice – e.g. name of Learning Disability Nurse