

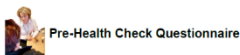
Annual Health Check

Information for families and carers

The Learning Disability mortality review programme (LeDeR) is an ongoing study that looks into the causes of death of individuals with learning disabilities. According to the latest reports, we know that people with learning disabilities have a much shorter life expectancy – up to 30 years – compared to the general population. Often, this is because people with learning disabilities have poor access to health services. Annual Health checks are a way to support positive health and wellbeing and help to reduce health inequalities.



Annual Health checks are usually completed at the person's GP surgery and are a way to ensure that health issues are being diagnosed and addressed. **However, during Covid-19 pandemic, initial consultations will be by telephone or by video-link.** These are being offered to people with learning disabilities over the age of 14.



Fill in these pages before you go to your health check. You can ask someone to help you with this.

J.L. SMITH
My Name _____

1. _____
2. _____
3. _____

Things that have happened since my last health check.

The annual health check is a top to toe review of health and may include a physical examination after an initial virtual consultation. It should last for a minimum of 30 minutes. It may be that you talk to or see more than one professional to complete the check.

The Equality Act (2010) - Reasonable Adjustments - Care Plan

A reasonable adjustment is a small change your Doctor can make, to make your health appointment or Annual Health Check easier for you. Below are examples of reasonable adjustments. You can get help to write down what you need in the blank section at the end of this document. You can ask for these reasonable adjustments to be available for you at your health appointments.

Reasonable Adjustment	How you can help me	Yes	No	Comments
	I need easy read documents	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
	I need information in Braille	<input type="checkbox"/>	<input type="checkbox"/>	
	I need information in large print	<input type="checkbox"/>	<input type="checkbox"/>	
	I need someone to explain information to me clearly	<input type="checkbox"/>	<input type="checkbox"/>	
	I need information in another language - if so what language?	<input type="checkbox"/>	<input type="checkbox"/>	
	I use a wheelchair and will need a hoist if I need a physical examination. I may need a home visit in this instance.	<input type="checkbox"/>	<input type="checkbox"/>	

Before you are invited to the check, you will be asked to complete a 'Pre-Health Check Questionnaire' and a 'Reasonable Adjustments Care Plan'. Before the appointment you should spend time completing these documents with the patient. This is to ensure all appropriate information is available for the appointment.

You may also be asked to provide:

- A urine sample
- Monitoring charts for bowel care, epilepsy etc
- Medication sheets

The Annual Health Check should include these tests:

- ✓ Blood pressure check
- ✓ Weight / Height / BMI calculation
- ✓ Blood tests (if needed)
- ✓ Check of eye and ear health
- ✓ Review of medication – this may include prescription for new medication
- ✓ Referrals to other services (if needed)

During the appointment the Doctor may ask the person if they have been invited for appropriate screening tests. These might include:

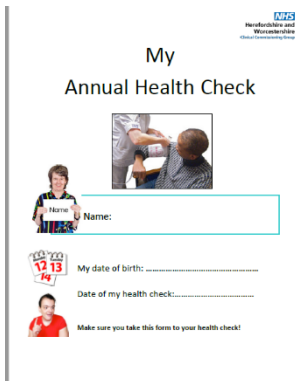
- ✓ Diabetic eye retinopathy – to find vision problems
- ✓ Breast screening – for women aged 50 – 70 years old
- ✓ Cervical screening (smear) – for women and people with a cervix aged 25 – 64
- ✓ AAA screening for men 65+ Abdominal Aortic Aneurysm which is the ballooning of blood vessel supplying blood to your body
- ✓ Bowel screening for everyone aged 60-74



If it is appropriate, then immunisation such as shingles or flu may be offered. If the patient is needle phobic, talk to the nurse or Doctor about the nasal spray flu vaccine.

JUST GET YOUR FREE FLU JAB
Ask your pharmacist or GP if you're eligible.





During the check, you can complete the My Health Check document with help from the GP. This document gives you and your GP space to write down the things that need to happen to improve the patient’s health. You may also have a Health Action Plan.



If there are no follow up tests or appointments to be made after the Annual Health Check, then the patient will be invited back in a year’s time for another health check.

If you have any problems accessing an Annual Health Check with the Doctor, please get in touch with

Herefordshire Learning Disability Community Service – 01432 222090
 North Worcestershire Learning Disabilities Community Services – 01905 846888
 South Worcestershire Learning Disabilities Community Services – 01905 844716

Other resources:

NHS information:

<https://www.nhs.uk/conditions/learning-disabilities/annual-health-checks/>

Worcestershire Association of Carers: 0300 012 4272

Crossroads Together (Herefordshire): 0333 323 1990