



What?

Are you 14 or over with a learning disability?

Do you want to be healthy and fit and do all the things you want to do?

-  Don't miss out on having an Annual Health Check with your GP!
-  You don't have to be ill to have an Annual Health Check. It's a chance to talk about things that might be worrying you.
-  It's a great way for you to get to know your Doctor and for them to find out more about you.



How?

Are you on your GP's Learning Disability register?

-  Anyone on the GP Learning Disability register aged 14 or over should be offered an Annual Health Check.
-  You can go on the register at any age if you, or your family / carers, think you have a learning disability.

Are you fit?



Why?

Annual Health Checks
Help you in loads of ways

-  Most health problems are simple to treat once you know about them.
-  Regular Health Checks will help stop you getting serious conditions.
-  It's much better than waiting until you're ill and maybe in pain.
-  You can talk to your GP about how you're feeling.
-  You can ask questions about your health including your care and medication.
-  Your GP can give you information you need in a way that will help you.
-  Regular Annual Health Checks can help when you reach Adulthood.



Reasonable What?

Don't like going to the Doctors?

Why not ask for Reasonable Adjustments?

- 🤔 A Reasonable Adjustment is something that healthcare professionals can do to help someone get better health care.
- 🤔 Ask your GP about things that might help you like:
 - 🤔 Longer appointment times.
 - 🤔 Early or late appointments to avoid a busy surgery.
 - 🤔 Needing support to communicate; interpreter, signer, carer.
 - 🤔 Using pictures, larger print and simple words to explain what's happening.

More information



tinyurl.com/2k27drdc
tinyurl.com/3d3pkxs



What happens?

You will be checked and can ask health questions

- 🤔 The Doctor or Nurse will record your height, weight, heart rate and blood pressure.
- 🤔 They might explain other checks you need for things like diabetes or urine infections.
- 🤔 You can ask about the medicines you take and if they're right for you.
- 🤔 You can find out if your vaccinations are up to date.
- 🤔 You can make sure problems like asthma or diabetes are being managed.
- 🤔 You can ask about any other health appointments you might need.
- 🤔 Your GP can ask your family/carers if they're getting the help they need.
- 🤔 You can ask for health information and advice that's easy to understand. Find out about things like:
 - 🤔 Healthy eating
 - 🤔 exercise
 - 🤔 contraception
 - 🤔 stopping smoking