

Learning disability annual health check

What you need to know



Information for people with a learning
disability, carers and supporters.



**CALDERDALE CARES
PARTNERSHIP**

Seamless community services, enabling healthy lives

With **all of us** in mind.

This booklet is about the learning disability annual health check. Here is a space to write your name or include a photo if you want to.

Your name _____

Your Annual Health Check

An Annual Health Check is free for people aged 14 years and over who have a learning disability. You will be invited to your appointment by your GP Practice. The Health Professional may check ...



Your blood pressure and heart rate.

☐

Your blood pressure is _____

Your heart rate is _____



Your weight and keeping active.

☐

Your weight is _____



A blood test.

☐

Any regular medication you take.

☐

Your behaviour, mental health and wellbeing.

☐

Why you need an Annual Health Check

Annual health checks are important and can help to find health problems early, such as:



Epilepsy.



Diabetes.



Asthma.



To keep a healthy lifestyle.

Getting ready for my Annual Health Check

Please take with you:



A list of any medication you are currently taking and details of allergies or sensitivities



A urine sample. You can get a container from your GP Practice or Chemist.



A list of any family illnesses and who has them. It's ok if you don't know this information.



If you have diabetes please bring a copy of your blood sugar levels.



If you have epilepsy please tell us:

- What type of epilepsy?
- How often you have a seizure?
- What rescue medication do you take?



- What food do you eat?
- What is your weight?
- Tell the doctor or nurse if you are worried about your weight
- Do you have any food allergies or sensitivities?



- Do you smoke?
- If you do, what do you smoke?
- How many a week?



- Do you drink alcohol?
- If you do, what do you drink?
- How much do you drink a week?



Information around any medical conditions you have and any specific health needs.



If you have asthma, please tell us:

- How often you use your blue inhaler?

Please write down the date you last:



Had an eye test.

Date: _____



Had a diabetic eye screening (if relevant)

Date: _____



Had a hearing test.

Date: _____

Please write down the date you last:



Had your teeth checked.

Date: _____



Saw a Speech & Language
Therapist.

Date: _____



Saw a dietitian.

Date: _____

Please write down the date you last:



Saw an occupational therapist

Date: _____



Saw a physiotherapist

Date: _____



Saw a podiatrist

Date: _____

Please write down the date you last:



Saw a psychiatrist

Date: _____



Saw any other health professional

Who was this?

Date: _____

If you are **male** please tell us:

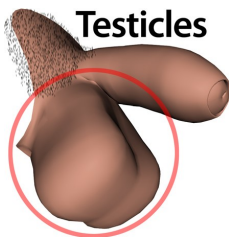


If you are 65 years or older, have you had a scan to look for an abdominal aortic aneurysm (AAA)?



If you are 50 years or older, have you had bowel screening?

This used to be age 60 but you might get sent a kit sooner from 50 years or older.



Testicles

Had your testicles examined to check for lumps?

If you are **female** please tell us:

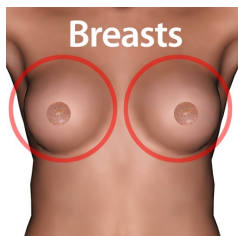


If you are 25 years or older, have you ever had a smear test?



If you are 50 years or older, have you had bowel screening?

This used to be age 60 but you might get sent a kit sooner from 50 years or older.



If you are 50 years or older, have you had breast screening?



Changes to my medication



Date of Annual Health Check and completed by:



Annual Health Checks should be completed each year. Date my next Annual Health Check is due:

Health Action Plan

My Health Action Plan Name: <i>Given Name Surname</i> NHS No: <i>NHS Number</i> DOB: <i>Date of Birth</i> At your visit to the surgery, we agreed:

Ask for a copy of your Health Action Plan.

My Health Issues	What needs to happen?	Who will do it?	Review Date

Take a copy of your most recent Health Action Plan if you have this.



Things I want to ask about my Health Action Plan:



Tell your GP Practice if you need any extra help with your health check because of a disability.

For advice or support contact:



The strategic health facilitator working within the learning disability community health team on **01422 393841**

Adapted from a leaflet first put together with help from Wakefield Patient Experience Group



This version completed with help from Calderdale Self-Advocacy Network.

If you require a copy of this booklet in any other format or language please contact the Calderdale Learning Disability Community Health Team 01422 393841