



# **ANNUAL HEALTH CHECKS FOR PEOPLE WITH LEARNING DISABILITIES**

## **WHAT ARE THEY AND HOW DO YOU GET ONE?**



When we say **we** in this booklet we mean the **National Health Service** or **NHS** for short.

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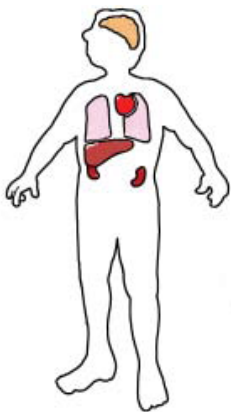
You may like to have someone to support you when you look at this booklet.

# What is an Annual Health Check and how do I get one?



**If you have a learning disability you are entitled to have an Annual Health Check. Your GP practice will contact you by phone call/letter or get a Community Nurse from the Learning Disability Health Team to contact you.**

Your free Annual Health Check will:



- find out if you are at risk from some health problems



- tell you how to look after your health



- help you change things in your life to make your health better in the future.

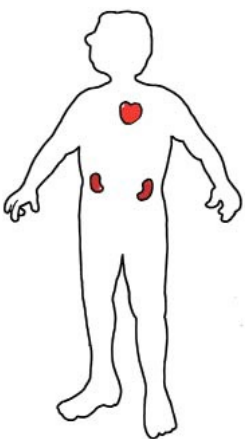
# Why should you have an Annual Health Check?



- To help you to get to know your doctor and other staff in the practice.



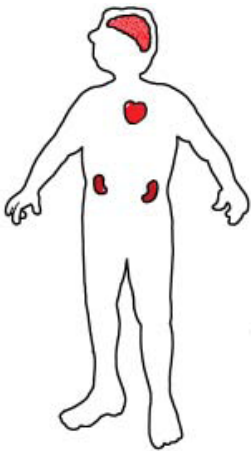
- To help you with any problems you may be having with your health.



- To check you are well or to help you keep well.



- Check your urine to see if there is any sugar. We will also weigh you.



- Diabetes is when you have too much sugar in your blood. **Diabetes** can make you feel tired and thirsty and can cause other health problems in the future.



- We will also check your blood pressure.

Having one problem could mean you are more likely to get other problems in the future.

## Some things put you at even more risk of having health problems:



- being overweight



- not getting enough exercise



- smoking



- high blood pressure

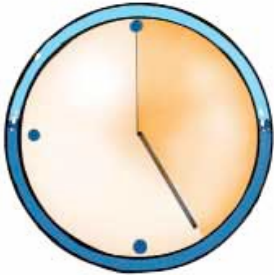


- high cholesterol. Cholesterol is a type of fat in your body. You need some cholesterol, but too much is bad for you.



An Annual Health Check will tell you how to give yourself the best chance of avoiding these problems.

# What happens at the Annual Health Check?



The doctor or nurse will check to see how well you are.

The check will take about 20 to 30 minutes. The doctor or nurse will:



- ask you some simple questions about things like your family history and any medicines you take already



- measure your height and weight



- make a note of your age, sex and ethnicity



- take your blood pressure



- may do a simple blood test to check your cholesterol.

# What happens after the Annual Health Check?

The doctor or nurse will talk to you about what you can do to help you to stay healthy.



- The doctor or nurse will tell you your results and explain what the results mean. They may give you the results at the end of the check, or on another day.



- The doctor or nurse will give you advice on how to lower your risk and how to live a healthy life. You can put this as an action in your Health Action Plan.



- If you have high blood pressure you may need a blood test to check your kidneys.
- Some people may also need to have another blood test to check for **type 2 diabetes**.



- The doctor or nurse may suggest you have some treatment or take some medicine to help you keep healthy.



## Some answers to other questions you may have



### **I feel fine! Why do I need an Annual Health Check?**

The Annual Health Check helps to find out about your health.



If you find out about possible problems early, it is easier to stay healthy.



### **I know what I'm doing wrong, how can the doctor help me?**

If you would like help with your weight, doing more exercise or to stop smoking, we will help you and give you advice that you could use to action in your Health Action Plan.



We may also give you medicines to help you.



## **If the check shows I am at 'low risk', does this mean I won't get these health problems?**

We cannot say that you will or will not go on to develop one of these problems. But doing something now can help you lower the risk.



## **Will everyone have the Annual Health Check?**

The Annual Health Check is part of a plan by the Government to help you to look after your health and to stay well.



We will ask everyone with a learning disability over the age of 18 to come back for a check every year. You will be reminded either by a letter, phone call or by the Community Nurse from the Learning Disability Community Health Team.



If you are worried about the Annual Health Check, you should speak to Mary Codling (Primary Healthcare Lead Nurse) or you can contact the Learning Disability Community Health Team.



Even if you are feeling well, it is worth having your Annual Health Check now. We can then work with you to improve your chances of avoiding health problems in the future.

## To find out more:



Call: Mary Codling, Lead Learning Disability Nurse, on  
**0118 9492932**

OR

Reading Mencap, Getting it Right in Reading,  
Family Adviser for Health on **0118 9662518**  
**Monday to Friday – 9.30 to 1.30**



The local voice of learning disability