Learning Disabilities Annual Health Check



An Easy Read Summary

The [NHS website] (not Easy Read) says that;



“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.”



MENCAP have a helpful page about how to make sure you are on the ['Learning Disability Register'] so that you are offered an annual Health Check.



Here are some top tips on getting the most out of an annual health check



Make a note of the date when you have your Annual Health Check – so you can chase up if your next invitation is late.



If you need support to get to your Annual Health Check, take someone who knows you well.



Read Mencap's Easy Read Guide to what to expect at an **Annual Health Check**.



Make sure the GP is aware of any Reasonable Adjustments you need.



It can help to complete a **Pre-Health Check Questionnaire** in advance. This can make the appointment easier



Ask your doctor to print an Annual Health Check Action Plan.
Or you could do your own Health Action Plan and take it with you



NHS England have made this film about **Annual Health Checks and Health Action Plans**



The Misfits Theatre Company have made the **'Health is Everyone's Responsibility'** film to help people get the most from their Annual Health Check



Mencap have made a film about **'What Happens at an Annual Health Check'**



You can also find more information on the **West and North London website**

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