

**Working in partnership:**

Lancashire & South Cumbria NHS Foundation Trust  
NHS Morecambe Bay Clinical Commissioning Group



# Annual Health Checks for People with Learning Disabilities

A Guide for Carers in Morecambe Bay





## **Read inside about:**

- ✓ Why are they so important?
- ✓ What they are
- ✓ What happens if someone can't consent or may find it difficult
- ✓ How to get one for the person you look after



# Why are they so important?

**The Learning Disability mortality review program (LeDeR) is an ongoing study that looks into the causes of death of individuals with learning disabilities.**

Sadly, we know that people with learning disabilities die at an earlier age than the rest of the population and that should not be the case.

This can be due to medical conditions that are undiagnosed.

Many people can have problems if they go to hospital due to a lack of information that is shared between the GP and other health services.

People often miss out on health screening and immunisations that will keep them well.

This has to change and the annual health check is to ensure people have access to see a Doctor and help to ensure health issues are diagnosed and addressed.

It is our duty of care to ensure that everyone we care for or support has an annual health check.



# So what is an Annual Health Check?

**Annual Health Checks are offered to all people with learning disabilities over the age of 14.**

The Health Check is like a yearly MOT!

They are completed at the Doctor's Surgery but if reasonable adjustments are needed then it is really important that you tell the Surgery when you ring to make the appointment.

This may involve shorter appointments or even a home visit to complete the health check but you must speak to your surgery if you are worried the person you support may not cope or may be scared. Reasonable adjustments have to be made by law.

If you are concerned that the person may not be able to consent then a best interest decision can be made to attend the appointment.

The GP will then complete the health check in the person's best interests so don't worry... the appointment can still be made and completed.



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yearly MOT!**

# What happens at the Annual Health Check?

The check can take up to an hour but may be shorter than that and may include:

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

At the end of the health check the Doctor will complete a Health Action Plan for the person you are caring for.



# How to get one for the person you look after

## The main thing is it's easy!

All you need to do is ring the Surgery and explain that you care for someone with a learning disability.

Then ask if you can book an appointment for an Annual Health Check.

If the person you care for needs reasonable adjustments to be made in order for the health check to take place then tell the Receptionist.

Or, you can fill in the health check postcard on behalf of the person if they are unable to do this and hand it into the Surgery or send it by post...easy!



## Further information

If you would like to know more then please contact your local Learning Disability Team who will be happy to help.

South Cumbria 01229 404531/ 01225 408713

North Lancashire 01524 550330

South Cumbria Children's Team 01229 404693/ 01225 408755

North Lancashire Children's Learning Disability Team 01524 550331



## Useful websites

[www.nhs.uk/conditions/learning-disabilities/annual-health-checks](http://www.nhs.uk/conditions/learning-disabilities/annual-health-checks)

[www.mencap.org.uk/advice-and-support/health/dont-miss-out](http://www.mencap.org.uk/advice-and-support/health/dont-miss-out)

