

Ask for a free Learning Disability Annual Health Check at your local GP surgery

For more information on the post-14 Annual Health check you can contact your GP, the following websites have further information:

www.nhs.uk/conditions/learning-disabilities/annual-health-checks/

<https://www.mencap.org.uk/advice-and-support/health/dontmissout>

People with Learning Disabilities can die younger than others

The Learning Disability mortality review programme (LeDeR) looks at why.

information on the post-14 Annual Health check you can contact your GP, the following websites have further information:



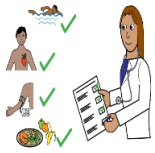
Men with a learning disability	Men - general population	Women with a Learning disability	Women - general population
61 years	83 years	59 years	86 years

Learning Disability Annual Health Check for ages 14 and over

Information for families and carers



For further assistance or to receive this information in a different format, please contact the department which created this leaflet



Annual Health Checks are offered to people with learning disabilities aged 14 and over.

Annual Health Checks are completed at your GP surgery.

It is a way to ensure health issues are diagnosed and addressed.



The Annual Health Check will include;

- ✓ Blood pressure check
- ✓ Weight / Height / BMI calculation
- ✓ Check your ears
- ✓ Ask when you saw the dentist and had an eye test.
- ✓ Discuss Sexual Health and relationships
- ✓ Review of medication – this may include prescription for new medication
- ✓ Referrals to other services (if needed)
- ✓ Talk about vaccines.
- ✓ Blood tests (if needed)

You must be on your GP's Learning Disability



Register to have an Annual Health Check.

The GP Learning Disability register is a list of names.

It tells the GP who to invite.

You can ask at your GP surgery if you are on the

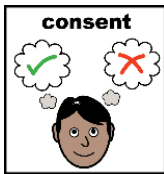


If you are scared of needles, talk to the GP.

You may be offered the nasal spray flu vaccine instead of an injection.

There is more information on this website:

www.gov.uk/government/publications/flu-vaccinations-for-people-with-learning-disabilities/flu-vaccinations-supporting-people-with-learning-disabilities



When you are 16 years old or older

You will be supported to make more of your own choices and decisions about your health plans.

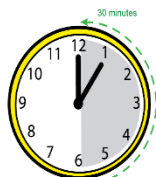


The GP will give you a copy of the Health Action Plan.

It tells you what you need to do.

If you need more appointments these will be booked.

Your GP surgery will invite you once a year for Annual health check.



The Annual Health Check reviews your health.

This should include a physical examination.

It should last for a minimum of 30 minutes.

You may see more than one professional to complete the check.