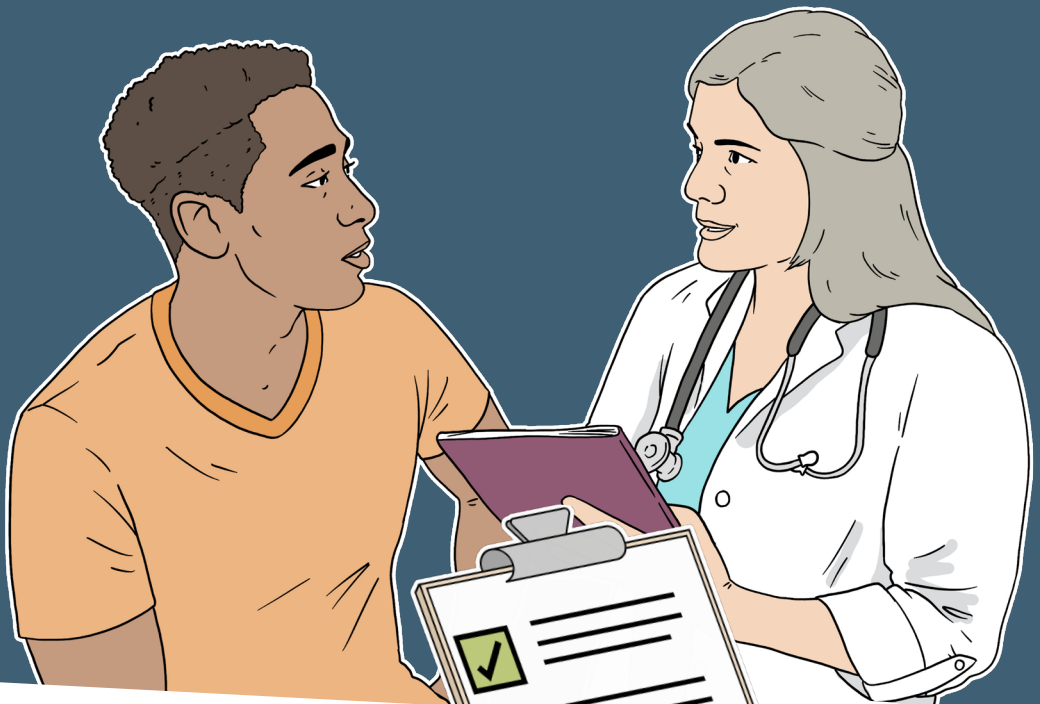


# Learning Disability Annual Health Checks



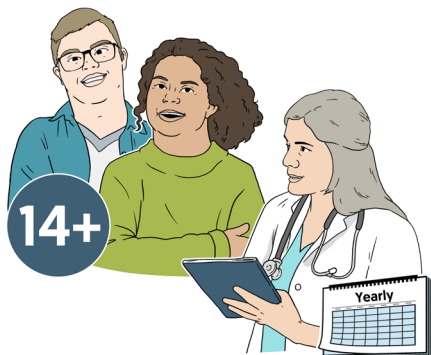
easy  
read

Part of Greater Manchester  
Integrated Care Partnership

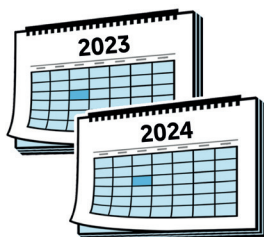


Learning Disability  
Annual Health Check

# Annual health checks



**Annual** health checks are offered to people with learning disabilities age 14 and older.



**Annual** means every year.



Annual health checks are done at your doctors.



They are a way to make sure health problems are found and treated.



They support people's health and wellbeing, and lower the chances of needing to go to hospital.



You must be on your doctor's **learning disability register** to have an annual health check.



The **learning disability register** is a list of all the people with a learning disability that the doctors look after.



The learning disability register lets your doctor know who to invite for an annual health check.



You can ask your doctor if you are on the register or not.



The annual health check looks over your health.



Your annual health check should take at least 30 minutes.



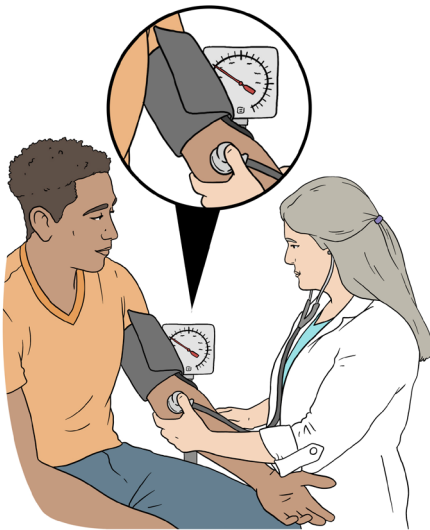
You may see more than one type of doctor or health care worker for your annual health check.

## The Annual Health Check might include:

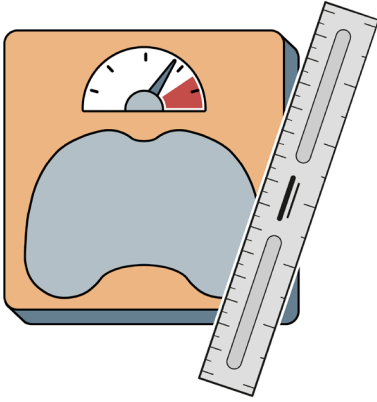


- A blood pressure check

This is to measure how strongly your blood is pumping around your body.



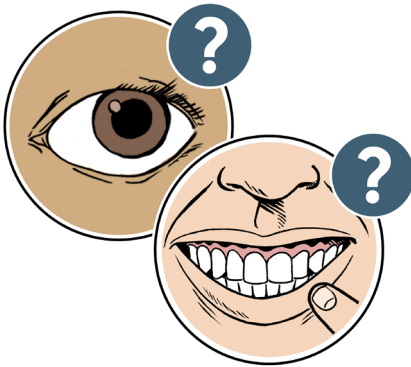
A sleeve is put around your arm and pumped with air. The doctor or nurse will then let the air out and measure your blood pressure.



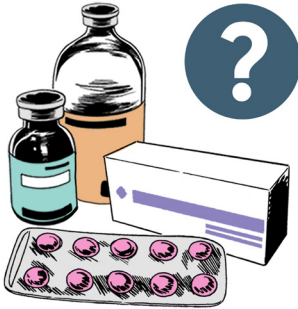
- Measuring your weight and height



- Checking your ears



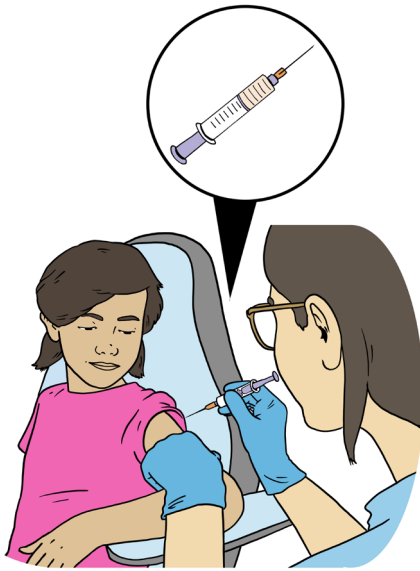
- The doctor or nurse might ask you when you last saw the dentist and had an eye test.



- Talking about relationships and sexual health.
- Looking over what medication you already take, and sometimes being given new medicine.
- Referrals to other services if you need

This is when your doctor or nurse thinks you should go to see a different type of doctor or healthcare service.





## ■ Talk about **vaccines**

A **vaccine** is an injection that helps your body learn how to fight a disease, like a flu jab.



## ■ Blood tests if you need them

This is when a doctor or nurse takes some blood from your arm using a needle, the blood is then tested.

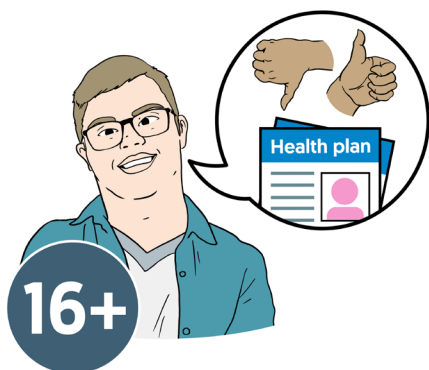
# Health action plan



The doctor or nurse will give you a copy of your **health action plan**.

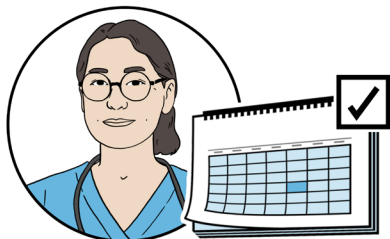


Your **health action plan** tells you what you need to do to look after your health.



When you are age 16 or older you will get support to make your own decisions about your health plans.

# What happens after



If you need more appointments these will be booked at your annual health check.

Your doctor will invite you to do the annual health check once every year. You can ask about it if you haven't been invited.

**Images & Design © CHANGE**



**CHANGE**