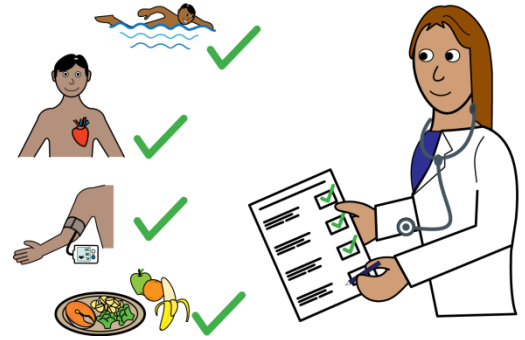


Annual Health Checks

Who's eligible for an annual health check?

Adults and young people aged 14 or over with a learning disability. Annual health checks are important – even if the person does not feel unwell.

You can check if you're on your GP's learning disability register via your GP practice.



GP practices offer annual health checks to people with a learning disability. Contact your practice to discuss the best course of action and to understand what options and alternatives are available.

How will an annual health check help?

- Getting to know your GP better, which will help if you ever get ill
- Understanding how you can treat any minor health problems with easy to understand information from your GP
- Asking your GP any questions you have about your health, including how you are feeling, your care, as well as any medicines you take
- Help your GP to stop you getting a serious health condition, rather than waiting until you are ill.

An annual health check gives people time to talk about anything that is worrying them and means they can get used to going to visit the doctor.

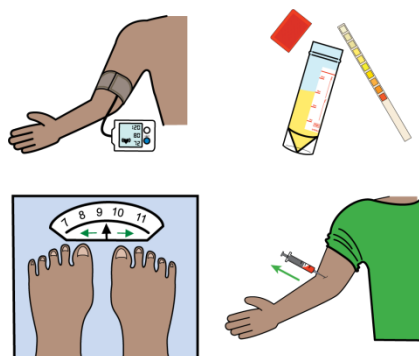
If you have any worries about going for your annual health check you can speak to your doctor or nurse to let them know your concerns. You can talk to your local GP practice if you need support to meet your needs. You can also bring someone along if you like.

What will happen during an annual health check?

Your GP practice will call you to have a chat and decide the safest way to do your annual health check. You can also tell your GP how you would prefer to do it.

A part of the annual health check can be performed at home, phone, or video consultation (i.e. recording weight, height, any changes in behaviour, as well as using online tools and tests), however you will still need to be seen in person to finalise the check. These appointments usually last between 30 to 40 minutes.

The following is what you can expect to happen during an annual health check:



- A physical check-up including heart rate, blood pressure and taking blood/urine samples
- A chat about staying well, the medicines you are taking, as well as any health problems you might be dealing with (such as asthma or diabetes)
- A talk about conditions such as epilepsy, constipation, and problems swallowing (which are more common for people with a learning disability)
- A check to see if your vaccinations are up-to-date and if you

have any other health appointments, such as physiotherapy or speech therapy

- Some health advice on healthy eating, exercise, contraception or stopping smoking
- As well as support, if needed, for family and/or carers.

For any other advice and guidance on annual health checks, please call the Community Learning Disability team on 01743 211 210.

For further information on annual health checks, an [easy read guide](#) and a [short video](#) are available to view which have been produced by Mencap.

To discuss annual health checks in more detail, or if you have any questions or comments, please contact 07775342092 or visit www.podstelford.org. For Shropshire contact PACC www.paccshropshire.org.uk.

You can also contact [Healthwatch Shropshire](#) or [Healthwatch Telford and Wrekin](#) for support and advice.