



Information for parents and carers

The text 'ANNUAL HEALTH CHECK' is displayed in three stacked rectangular boxes. The top box is blue with the word 'ANNUAL' in white. The middle box is magenta with the word 'HEALTH' in white. The bottom box is blue with the word 'CHECK' in white. The background of the entire page is a photograph of a young man and an older man smiling at each other outdoors.

For People with a Learning Disability

People with a Learning Disability are at risk of poorer physical and mental health.

A free NHS Annual Health Check can help young people and adults with a Learning Disability to keep fit and well.

All people aged 14+ with a Learning Disability can have an free Annual Health Check. But they need to be on their GP's Learning Disability register.

What can parents and carers do?

Contact their GP Surgery and make sure the person you care for is on the Learning Disability register. Once this is done, make an appointment for their Annual Health Check. Each year around the same time, contact the surgery to make their next appointment, to ensure they receive the best care.

When you book the appointment, let the GP surgery know if the person you care for needs any reasonable adjustments, such as:

- Having you/someone else with them at the health check
- Slowing down what is said
- Using words that are easy to understand
- Having a quiet space to wait
- Having an appointment at a preferred time of day.

For people with specific needs and who are eligible, it may be possible for the appointment to be carried out at their home, instead of at the GP surgery. If needed, please ask about this when you make the appointment.

What happens at an Annual Health Check?

One of the healthcare professionals at your GP surgery will talk to you and the person you care for about their health and any wellbeing concerns you have. They will also:

- Check their heart rate and blood pressure
- Measure their height and weight
- Examine their eyes and ears

- Review their medication
- Check if they are up to date with vaccinations and any tests
- Ask for a urine sample and/or blood sample (only if needed).

The appointment may take up to one hour and will usually take place at their GP surgery. The GP surgery will let you know if the appointment can happen at your home.

The Health Action Plan

At the end of the health check the healthcare professional will complete a Health Action Plan for the person you care for. This will tell you what you need to do to help them stay healthy, including:

- How to exercise
- How to eat healthy food
- Other healthcare appointments they may need
- The names of other healthcare professionals who can help them to stay healthy.

A Health Action Plan details what is needed to keep the person you care for healthy. It should include goals for you, the person you care for, and the healthcare professionals to work to, together.

What do you need to do next?

- Contact the GP surgery to make sure the person you care for is on the Learning Disability register. Please see the back page for a link to more information about the register.
- Contact their GP surgery and make an appointment for their Annual Health Check.
- Make a note in your diary to make the appointment for the same time next year.

More information

If you would like more information on annual health checks for young people and adults with a Learning Disability, please click on the link below. They will take you to websites with useful information:

NHS England

Information about the Annual Health Check

england.nhs.uk/learning-disabilities/improving-health/annual-health-checks

Information about the Annual Health Check in Your Area

bswtogether.org.uk/yourhealth/health-services/ldan

MENCAP

Information about the Annual Health Check

mencap.org.uk/easyread/annual-health-checks

MENCAP Learning Disability Register

Information about the Learning Disability Register

mencap.org.uk/advice-and-support/health/learning-disability-register