



my annual health check



annual health checks for
people with learning disabilities

my name is:

I like to be called:



what is in this booklet?

the pages are colour coded

	before my health check
	my medication
	what I need to tell my doctor
	what will happen at my health check?
	health screening
	about my mental health
	what will happen after my health check?
	my health action plan
	local services for people with learning disabilities



before my health check



it is important to bring someone with you who knows you well



tell your doctor's surgery if you need anything to support your appointment



do you need an appointment at a certain time?



you need to bring this annual health check booklet with you




you need to bring a fresh wee sample in a clean bottle



please bring **all medication** you are taking
include medication you have bought yourself








my medication

bought myself			
from my doctor			
time I take it			
dose			
name			








my medication

bought myself			
from my doctor			
time I take it			
dose			
name			



my medication

bought myself			
from my doctor			
time I take it			
dose			
name			

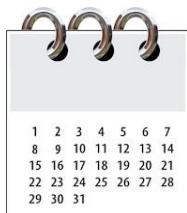


what I need to tell my doctor

use these pages to write down any worries you have about your health



what is it you are worried about?



how long has it been happening?



when does it happen?



how long does it happen for?



have you taken any medication for it? did it help?



does anyone else have worries or concerns about your health?



what will happen at my health check?



the doctor or nurse will examine you and ask you some questions



they will check your blood pressure



they will see how much you weigh
the doctor or nurse will ask if you eat a special diet



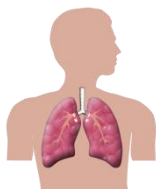
the doctor or nurse will see how tall you are



they will test your wee sample you brought with you



the doctor or nurse will
check your ears
this is not a hearing test



the doctor or nurse will
check your heart and
breathing
they might listen to your
chest



they will check that you
have a dentist and that
you visit regularly



they will check that you
have an optician and that
you have your eyes
checked regularly



they might take your
temperature
they might take a blood
sample if they need to



you might be asked questions about these things



you might be asked about
epilepsy



if you have a diary for your
epilepsy please bring it with
you



you might be asked if you
have any allergies?



you might be asked about
your eating or swallowing



you might be asked if you
have any problems using
the toilet



the doctor or nurse might feel your stomach



you might be asked if you have diabetes



you might be asked if you have any pain at the moment



the doctor or nurse might ask if you are in a relationship.



they might ask if you know about safe sex



health screening



health screening can find a problem early before you get any symptoms



a health problem found early can be treated quicker



there is a lot of accessible and easy read information about health screening



a good website with lots of easy read health information is www.easyhealth.org



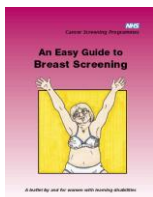
it is a good idea to get to know your own body



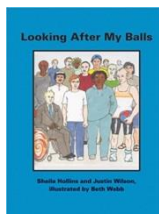
if you know your own body
well you will notice any
changes



check your body every time
you have a bath or shower



do you know how to check
your boobs or breasts?



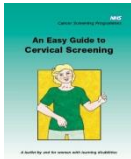
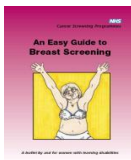




do you know how to check
your balls or testicles?



if you are worried about
changes in your body talk to
someone you trust

health screening ages

this is a guide to health screening
please check what is available locally

 The image shows the cover of a booklet titled 'An Easy Guide to Cervical Screening'. It features a cartoon illustration of a woman in a green shirt standing in front of a yellow background. The text on the cover includes 'An Easy Guide to Cervical Screening' and 'A booklet for you and for women with learning disabilities'.	cervical screening 25-49 years old every 3 years 50-64 years old every 5 years
 The image shows the cover of a booklet titled 'An Easy Guide to Breast Screening'. It features a cartoon illustration of a woman in a white bra with her arms raised. The text on the cover includes 'An Easy Guide to Breast Screening' and 'A booklet for you and for women with learning disabilities'.	breast screening 50-70 years old every 3 years
 The image shows a white ceramic toilet with a blue seat and lid.	bowel cancer home testing kit 60-74 years old every 2 years
 The image shows a hospital bed with a patient lying in it. The patient is wearing a blue hospital gown and has a blue bandage on their arm. The bed is white with blue accents.	bowel scope screening aged 55 and over
 The image shows a silhouette of a human torso. A red heart is visible, and a red line highlights the path of the aorta, indicating the location of an abdominal aortic aneurysm.	AAA or abdominal aortic aneurysm all men in their 65 th year
 The image shows a man and a woman looking at each other. The man is wearing a light blue shirt and the woman is wearing a red top.	diabetic eye screening offered every year to people with diabetes



about my mental health

how I am feeling



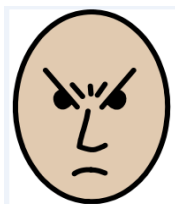
sometimes we need support
to manage our feelings and
mental health



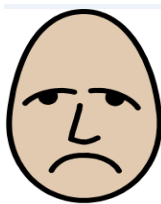
I have a mental health
diagnosis

I have been feeling

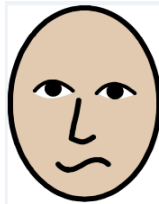
angry



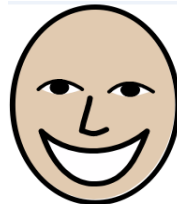
sad



ok



happy



I am seeing someone about
this



I have been feeling



upset and tearful



angry



I do not feel like doing anything



tired



I have not been sleeping well



my appetite has changed



I do not want to see anyone



I do not want to go out anywhere



I want to hurt myself sometimes



I have been like this for



things I can do to help my mental health



talk to someone I trust
share how you feel



keep active
take part in exercise



eat a healthy diet



do something I enjoy
take part in a hobby



keep in touch with people
family and friends



what will happen after my health check?

	the doctor or nurse might want you to have some tests done
	they might ask for someone else to be involved with your health
	they might stop your medication
	they might give you different medication to take
	after your health check they will write down what you can do to make your health better
	this is called a health action plan or a HAP



you can share your health action plan with the people you want to help you



this could be

- your parents
- your carer
- care manager
- health liaison nurse
- friend



your health action plan will be checked in 1 year as part of your next annual health check




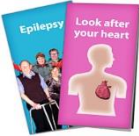




this is to make sure the things have been done






we will all be able to see if your health has improved






my health action plan

date	my health need	what I need to do
		
	<p>my height</p> 	
	<p>my weight</p> 	
	<p>my blood pressure</p> 	

<p>and what will happen</p> 	<p>who will help me?</p> 	<p>we will look at this again</p> 



my health action plan

date	my health need	what I need to do
		

and what will happen



who will
help me?



we will look
at this again



my notes

you can use this page to write down
things about your health action plan





local services for people with learning disabilities



there are 4 learning disability
community teams in
Lincolnshire



each team has a health liaison
nurse who you can contact for
advice and support



Lincolnshire West
01522 309137



Lincolnshire East
01205 446896



Lincolnshire South West
01476 858254



Lincolnshire South
01775 652102



this booklet has been
produced by



Lincolnshire Partnership
NHS Foundation Trust



***South West Lincolnshire
Clinical Commissioning Group***



made using photosymbols
in line with the accessible information standard
adult learning disability community specialist and autism
liaison service
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