

Learning disabilities

Annual health check



My name is:

I like to be called:

All about the annual health guide

An annual health check is an assessment where a doctor or nurse looks at your health to find out if you have any problems.

It is important to find out these things so that someone can then help you to receive the right treatment, or support you might need to make your health better.

Before you have your health check, it is important to tell someone if you have any special needs like, you need the first or last appointment, you use special equipment or you need someone with you to help you communicate.

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Personal information

Name

Date of birth

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Address

Telephone number

Care Manager /
Social Worker

Professionals involved
(i.e. Consultant
Psychiatrist)

Religion

What language I/
my family speak

I need an interpreter:

Yes ☒

☐

No ☒

☐

How I need you to
communicate with me
(picture, symbols,
makaton)

Learning disability diagnosis

(Down Syndrome, Retts...)

Personal care needs

level of support required with personal care (e.g. toilet, bathing, dressing...)

Medication

List of medication currently taking, dose and time

Reasonable adjustments

(First or last appointment of the day, I need to wait in the car park until it's my turn)

More about me

Contains any other relevant information

What will happen at my health check?

As part of the health check, the doctor or nurse will ask you questions.

If you already know the answers it is a good idea to write them down before you go for your health check.

The doctor or nurse will want to ask you questions about your family and your life.



The way in which you live your life, or the health problems that someone in your family has may affect you.



If you want to bring a parent, carer or friend with you then that is ok.

It is a good idea to bring somebody who knows you well.



The doctor or nurse will do some tests



Test your wee
(it is a good idea to take a wee sample with you)



See how tall you are



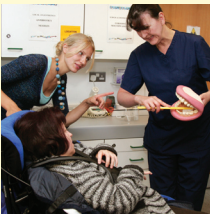
See how much you weigh



Check your hearing



Check your blood pressure



Check you have a dentist

What will happen at my health check?

Other questions you may get asked

Do you or your carers have any worries about:



Heart or circulation problems



Breathing



Eating or swallowing



Epilepsy (seizures)
What type(s)



Allergies



Problems using the toilet

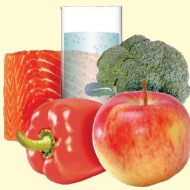


Your mobility
(walking, getting up and down)

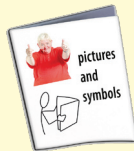
They may also ask you about:



How you eat and drink
(spoon, fork, built up dish,
special cup)



Do you have a special diet?



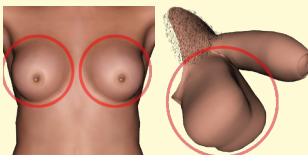
How do you communicate
(words, sounds, gestures)



How are you feeling?
(happy, sad, worried, angry)



Your relationships
(do you have a boyfriend/
girlfriend, do you have safe
sex?)



Do you check your
breasts/boobs
testicles/balls

After your health check

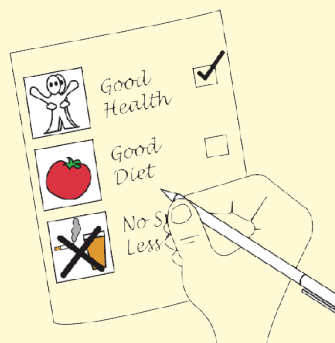
The doctor or nurse might want you to have some more tests done, or they might want you to see someone else who can help.



They may also make a change, or give you some new medication.



After the doctor or nurse has completed your health check, they or your carer, will write down if there are any problems, so you know what you can do to make your health better.



This is called a:

Health Action Plan

You can share your Health Action Plan with the people you want to help you meet the actions.

This could be your parents, carers, care manager or health liaison nurse.



The person who helped you make your Health Action Plan will look at it in one year's time, to make sure that the things on there have been done.



They will also be able to check to see if your health has improved.



After your health check

Use the page opposite to write down things you want to talk to the doctor about.

If you have concerns about your health it is a good idea to write down, or ask someone to write down for you:

- How long it has been happening?
- When it happens - what time of day?
- How long it happens for - 1 minute, an hour?
- Have you taken any medication for it and has it helped?
- Does anyone else have worries, or concerns about your health?



**Write what you need
to tell the doctor
here:**



What I need to tell my doctor

My Health Action Plan

My Health Action Plan

Name

Date commence

Health need identified	Action plan (what do I need to do)	Person responsible for action and timescale	Review date

My Health Action Plan

The my annual health check booklet has been developed to help adults with learning disabilities in Lincolnshire when they attend an annual health check.

Developed by:

Lincolnshire Partnership NHS Foundation Trust, Learning Disability Health Liaison Nurse Service.

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