

Annual Health Checks for people with learning disabilities aged 14 years and over

If you have a learning disability and are over the age of 14, you can have a health check at your GP (Doctor's) practice once a year.

GP practices know that health checks for people with learning disabilities are very important and the checks can help you to stay healthy.

Some GP's send out letters to invite people for their health checks. If you have not had a health check already, you can ask your GP practice for a health check.

Why do you need a health check?

The health check will help you, your Doctor and your family to know if there is anything that you can do or they can do to help you stay healthy. Having a health check means that if there are any changes in your body or how you are feeling these can be found early and you can get the right help.

How do I get a health check?

Phone your GP practice and ask for a health check. You may need to explain that you have a learning disability so that you have the right health check for you.

What do you need to do before the health check?

If you need anything to help you for the health check, tell the person you speak to when you book your appointment.

Some people can get upset or frightened about the noise and how busy the GP practice is.

Some people find it difficult to explain how they are feeling to the staff at the GP practice.

Some people have difficulties walking, seeing things, or hearing things.

Some people get scared at the GP practice.

If any of these things worry you or anything else, please tell the person you speak to when you arrange your health check and tell them what they can do to help you.

The GP practice will try to make the health check easy for you and will try to help you if they know what they can do.

Before your health check, think about anything you would like to talk about to your GP.

Where will my health check be?

Your health check might be at your GP practice, at home or it might be 'virtual' over the phone or computer.

If it is safe for you to go to the GP practice then you will be invited into the practice.

If the GP thinks that they can help you through talking to you, they will talk to you to find out more information and invite you to the practice at a later date for them to finish the health check.

If there is a reason that you cannot get to the GP practice, but you need to see a GP, they or someone they work with can make reasonable adjustments and come and visit you at home.

Where you have your health check and how it is done, will depend on what is safest for you.

What happens during the health check?

In your health check a Doctor, Nurse or Health Care Assistant will talk to you about your health. This will include any medication you are taking, the food you eat, the exercise you do, going to the toilet and any pain you have.

They will also take your blood pressure, weight, and might ask you for a urine/ wee sample, and to take some blood from you.

The questions will help the Doctor, Nurse or Health Care Assistant to find out about you and to know if you need any help to stay healthy.

You can go with someone to the health check, and you can ask any questions about your health when you are there.

If you do not understand something you can ask and the person will be able to explain.

You can take someone with you to your appointment.

At the end of your health check, you should feel that your questions have been answered, that you were listened too and you know what to do to be healthy and stay well.

What happens after the health check?

After the health check, you might need to go back to see your Doctor again, or see some other people who can help you with your health.

The person that you see will explain this to you.

What happens if I cannot have a health check or I am not happy with my health check?

If your GP practice cannot offer you a health check or you are unhappy with your health check, please ask to speak to the Practice Manager at your GP practice first and explain how you feel.

If this does not help and you have any questions about the health check please contact Birmingham and Solihull CCG patient experience team who will try to help you. You can either:

Phone: 0121 203 3313

Email: bsol.patientexperience@nhs.net

Write to: NHS Birmingham and Solihull Clinical Commissioning Group, Patient Experience and Complaints Team, First Floor, Wesleyan, Colmore Circus, Birmingham, B4 6AR