

Learning Disability Annual Health Check

What do you want to talk about?



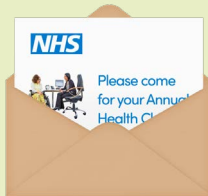
Anyone with a learning disability age 14+ on the GP learning disability register can have a learning disability annual health check.



We want to help you get ready for your learning disability annual health check by helping you to think about things that are important to you



The checks are important because they help you to stay well.



Your GP Practice will invite you for your annual health check every year.



You can find out more about annual health checks at [www.necldnetwork.co.uk/work-programmes / primary-care/ahcs](http://www.necldnetwork.co.uk/work-programmes/primary-care/ahcs)



You can ask someone who knows you well to help you fill out the information. Don't worry if you can't think of anything for every question.



You can take this information with you to your annual health check.

It will help remind you of the things you want to talk about.



At the end of your annual health check you will be given a health action plan.

This is to support you to keep well.



Does your GP Practice know any reasonable adjustments (extra support) you need?

Yes

No, please tell them before your annual health check.

You can find out more about reasonable adjustments at www.neclnetwork.co.uk/work-programmes/reasonableadjustments

Do you consent to your reasonable adjustments being added to clinical systems and shared with services who may be involved in your care?

Yes No

Do you have a Health and Care Passport?

Yes No



If no you can download one here

Do you have a health action plan from your last learning disability annual health check?

Yes, bring it with you to your annual health check.

No, ask your GP practice for one.



Learning Disability Annual Health Check

What do you want to talk about?



Physical health is about how your body works and if it works well. Things you might want to talk about:

- Pain on your body
- The food you eat
- The exercise you do
- Smoking

Mental health is about how you feel. Your thoughts, feelings, emotions and moods.

Things you might want to talk about:

- Mental Health conditions you may have, such as anxiety or depression
- Any worries you have about eating
- Any worries you have about hearing voices or suicidal thoughts



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What do you want to talk about?



Living well and being happy is about the things that are important to you that help to keep you well, safe and happy.

Things you might want to talk about:

- Friendships and loneliness
- How you stay well and feel safe



Sexual health is about intimate relationships and sex.

Things you might want to talk about:

- Contraception
- Planning a family
- Good relationships
- LGBTQ+ relationships

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What do you want to talk about?

Day to day living are the things that you do or might worry you day to day.



Things you might want to talk about:

- Money worries
- Housing worries
- Support from carers
- Access to day services or respite
- Advocate to help you speak up

For more information about Learning Disability Annual Health Check scan this code →

