Information:
Annual Health Checks
for people with a learning disability

An easy read guide
An **annual health check** is a health check with your doctor or nurse.

**Annual** means you can have a health check every year.

The doctor or nurse can talk to you about your health.

They can help you look after your health.
Your doctor’s surgery will send you a letter inviting you for a health check.

Your health check will be at your doctor’s surgery.

You can take someone with you.

Take someone who knows you well.

You will need to take a sample of your wee to the appointment.
When you get to the doctor’s surgery, you will need to go to the reception desk.

The receptionist will ask for your name.

The receptionist will ask you to wait in the waiting room.

The health check will take about 30 minutes.
This is what will happen at your health check

The doctor or nurse will:

- Check your height
- Check your weight
- Take your blood pressure and your pulse
The doctor or nurse will:

Test your wee

Do a blood test

Ask how many cigarettes you smoke
The doctor or nurse will:

Ask how much alcohol you drink.

Talk to you about what you eat.

Talk to you about what activities and exercise you do.
The doctor or nurse will:

Ask if there are any changes to your behaviour. Things like changes to how you are sleeping.

Ask if you are having any difficulties with your speech.

Ask if you are having any difficulties with eating or swallowing.
The doctor or nurse will:

Ask if you have had your eyes tested

Check your ears and your hearing

Ask if you are having difficulties with moving around
The doctor or nurse will:

Ask if you have any problems going to the toilet

Ask you about your seizures if you have epilepsy

Ask you how you are feeling
The doctor or nurse will:

- Check your breasts, if you are a woman
- Check your testicles, if you are a man
- Talk about your medication.
- Check that you are taking the right medication
The doctor or nurse will:

Talk about sexual health and contraception

Other questions the doctor or nurse might ask you:

Look at your feet and talk about footcare

Ask if you have had a check up with the dentist
The doctor or nurse will talk to you about what you need to do to stay healthy.

You can ask the doctor or nurse to write this down on a Health Action Plan.

The Plan tells you about the things you need to do to stay healthy.

It will tell you what other people need to do to help you stay healthy.
Here is a Health Action Plan.
You can ask your doctor or nurse to fill one in at your health check

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<th>What your carer or support worker needs to do?</th>
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For more information or advice contact:

Strategic Health Facilitators/Primary Care Liaison Nurses
NHS Nene & Corby Clinical Commissioning Groups
Francis Crick House
6, Summerhouse Road
Moulton Park
Northampton, NN3 6BF

☎ 01604 651108 or 01604 651148

To download further copies of this booklet, please go to the following link:

For help with your health needs contact the Community Team for people with learning disabilities (CTPLD):

**Kettering & Corby CTPLD**
Carey Suite
St. Mary’s Hospital
London Road
Kettering
NN15 7PW

☎ 01536 494952

**Wellingborough & East Northants CTPLD**
2nd Floor
Rushden Library
Newton Road
Rushden
NN10 0PT

☎ 01933 416500

**Northampton CTPLD**
Campbell House
(2nd Floor - Newland House)
Campbell Square
Northampton
NN1 3EB

☎ 01604 657700

**Daventry & South Northants CTPLD**
Danetre Hospital
London Road
Daventry
NN11 4DY

☎ 01327 707270