

*All about the
Learning Disability Health
Checks*

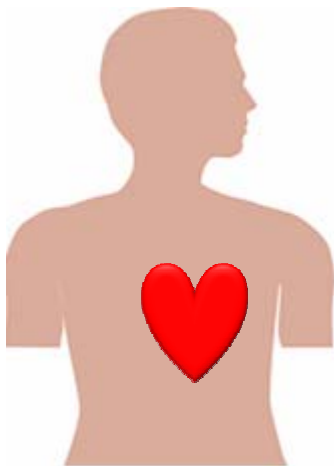
Why are health checks important?



Being healthy will help you to do more of the things you enjoy.

If you are healthy you are more likely to live to an old age.

If you are healthy you are less likely to suffer from health problems.



Many people have problems with their health like

- Being overweight
- Diabetes -this is where the body can not control the amount of sugar in the blood
- Heart problems

People with a learning disability can also have problems with



- Their eyes and ears
- Their thyroid- this is where the body can not control the amount of energy it makes
- Eating, drinking and swallowing
- And some other things



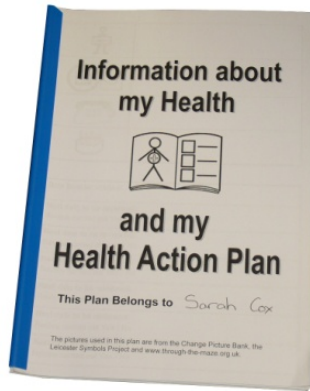
Having a health check is a good way to check that you are healthy.



A health check will help you make sure you are doing the right things to stay healthy.

Some people do not know that they have a health problem.

It is good to have a health check even if you do not think you have a health problem.



Having a health check can help you to do your health action plan.

A health action plan says what things you are doing to be healthy.



We all have the right to be as healthy as we can be.

You can choose if you want to have a health check.

You do not have to have a health check if you do not want one.

What is a health check?



The government has said that all people with a learning disability who are known to their local Social Services department should be offered a health check every year.



Health checks should usually be done at your doctors' surgery.



You will get a letter asking you to go for your health check.



If you can not go to your health check, ring your surgery and tell them.



When you get to your doctors' surgery tell the receptionist that you have arrived.



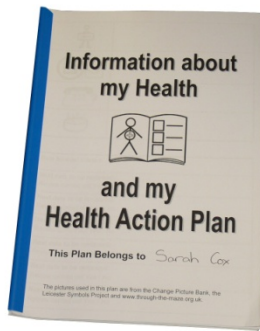
You may have to wait until the doctor or nurse is ready to see you.



When you hear your name you will need to go to the doctor or nurses room.

If you do not know where to go, the receptionist will help you.

Your doctor or nurse will ask you about



Your health action plan (if you have one).



Where you live.



The people who support you.



If anyone in your family has ever had any health problems like

- Glaucoma- a problem with your eyes.
- Heart problems
- Diabetes

Your doctor or nurse will check



How tall you are
or your elbow to wrist
measurement.



How much you weigh.



Your blood pressure.



Your waist.

Your doctor or nurse may need to check



Your urine (wee).



Your blood.



Your tummy.



You can say no to anything that you do not want to have done.

Your doctor or nurse will also talk to you about



If you take any medication?



If you smoke?



If you drink alcohol?



What sorts of food you eat?

Your doctor or nurse will also talk to you about



How much exercise you do?



Your eyes, ears and skin?



If you have any health problems like epilepsy or diabetes?



If you have any problems going to the toilet?



If you need advice to help you have safe sex.

Your doctor or nurse will talk to you about



Checking your private parts (balls or breasts).

If you are worried about your private parts your doctor or nurse may need to check them.



How you can stay healthy.



You can talk to your doctor or nurse about if you are feeling very happy or very sad.



Information on how you can stay healthy will be written in a health action plan for you to keep.

What you can do before your health check



Before your health check think about your health

- Do you know if your family has had any health problems?
- Is there anything you are not happy with or worried about?
- Is there anything you want to know more about?



1. ____
2. ____
3. ____

Write a list of questions so you do not forget what you want to say.



Before your health check let the receptionist know if you have any needs like:

- If you need help with communicating.
- If you need a hoist or wheelchair access.
- If you do not like busy waiting areas.

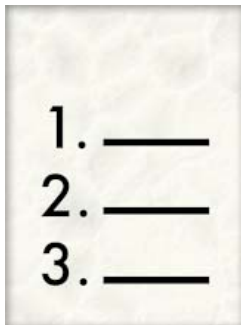




Think about if you want someone to come with you to your health check like a friend, carer or family member.

You could ask someone at your doctors' surgery to sit with you during your health check. This is called a chaperone.

What you can do during your health check



If you do not understand, ask your doctor or nurse to explain.

Use your list of questions to help you.

Show your doctor or nurse your health action plan, if you have one.



Tell the doctor or nurse if you want to talk to them about some things on your own.

Say if you are worried or frightened about anything.

What things you can do after your health check



If you have got a health action plan, add any new actions to it.

Try and do the things that are written in your health action plan.

Talk to someone you know if you want to change anything in your health action plan.

Tell us about your health check



We want to know about your health check.

This can help to make things better for other people.

There is a form at the back of this leaflet which you can write on to tell us about anything good or bad.








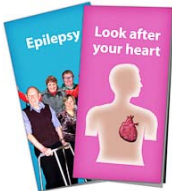
You can get more copies of the feedback form from


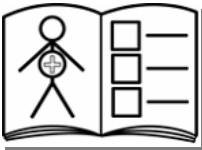


www.betterlives.org.uk

Health Check Feedback Form

For people with a learning disability and their carers

Please use this form to tell us about your yearly learning disability health check
Or you can ring us on 0116 2957626

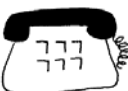



	Name of Doctor's Surgery:	
	Surgery address:	
	Date of health check appointment:	
	1. Do you think you had enough time with your doctor or nurse at your health check appointment?	<input checked="" type="checkbox"/> Yes <input checked="" type="checkbox"/> No
	2. How long was your health check appointment? <input type="checkbox"/> Less than 10 minutes <input type="checkbox"/> 10-20 minutes <input type="checkbox"/> More than 20 minutes	
	3. Did your doctor or nurse talk to you about what they were going to do?	<input checked="" type="checkbox"/> Yes <input checked="" type="checkbox"/> No
	4. Did your doctor or nurse talk to you in a way you could understand?	<input checked="" type="checkbox"/> Yes <input checked="" type="checkbox"/> No
	5. Did your doctor or nurse listen to you during your appointment?	<input checked="" type="checkbox"/> Yes <input checked="" type="checkbox"/> No
	6. Were you given information that was easy to understand about	
	• The health check appointment?	<input checked="" type="checkbox"/> Yes <input checked="" type="checkbox"/> No
	• Any tests that you needed to have?	<input checked="" type="checkbox"/> Yes <input checked="" type="checkbox"/> No
	• Any treatment that you needed to have?	<input checked="" type="checkbox"/> Yes <input checked="" type="checkbox"/> No

	<p>7. Did the doctor or nurse tell you what you needed to do after your appointment?</p>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
	<p>8. Did the doctor or nurse give you a health action plan?</p>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
	<p>9. Did you choose who came to your appointment with you?</p>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
	<p>10. Were you happy with your health check appointment?</p>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No



Please write down what was good or bad about your health check (You can add extra paper if you need to)

You do not have to tell us this information

	<p>11. Can we contact you about your health check appointment?</p>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
	<p>12. What is your name?</p>	
	<p>13. What is your address?</p>	
	<p>14. What is your telephone number?</p>	

Please send this form back to:

FREEPOST RRHS-EUHR-LCZA
 Jo Lilley, NHS Leicestershire County & Rutland
 Lakeside House, 4 Smith Way, Grove Park
 Enderby, Leicestershire, LE19 1SS

Thank you

Acknowledgments

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If you would like this information in another language or format,
please contact Laura Smith on 0116 2957500