



Leicestershire
Learning Disability
Partnership Board



All about the Learning Disability Health Checks

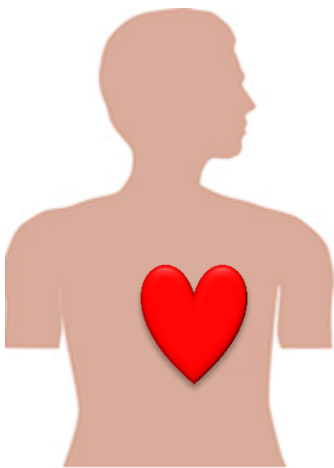
Why are health checks important?



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 or underweight
- Diabetes - this is where the body can not control the amount of sugar in the blood
- Heart problems - this is where your heart may not work properly.



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 like epilepsy.

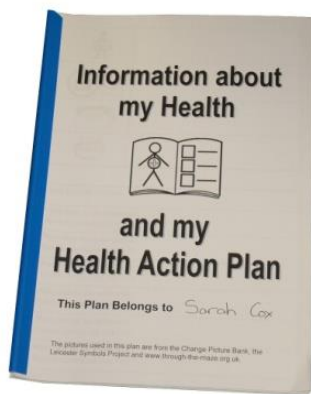


Having a health check is a good way to check that you are healthy.



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

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.

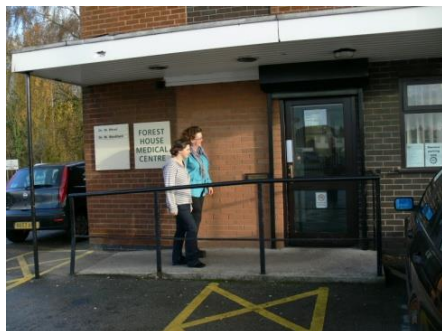
You can choose if you want to have a health check.

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 14 years old and older 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.



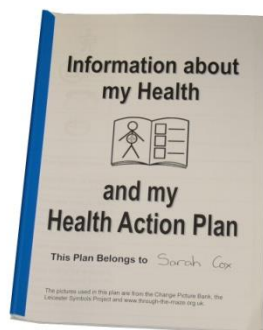
You may have to wait until the doctor or nurse is ready to see you.



When it is your turn 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.



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?

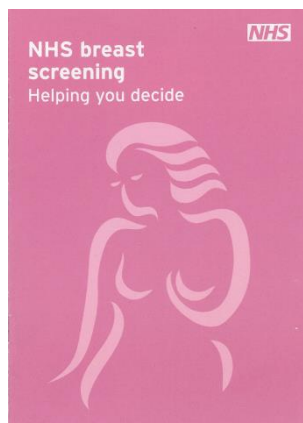


If you have any problems going to the toilet?



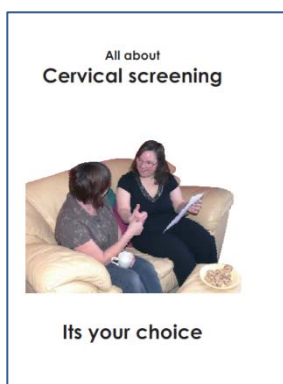
If you need advice to help you have safe sex.

Your doctor or nurse will talk to you about



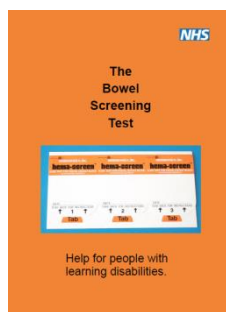
Checking your private parts (balls or breasts).

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



If you have had cancer screening for

- Cervical Cancer Screening (for women who are 25 years old to 64 years old.
- Breast Cancer Screening for women who are 47 years old to 73 years old.
- Bowel Cancer Screening for men and women 60 years old to 75 years old.





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.

How to get ready for 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:

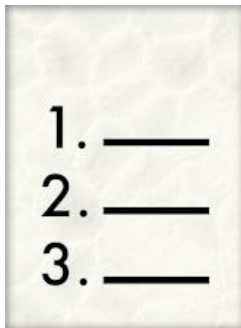
- If you need help with communicating.
- If you need a hoist or wheelchair access.
- If you do not like busy waiting areas.





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.



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

Use your list of questions to help you.

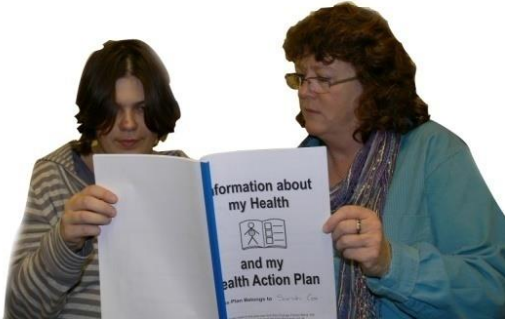
Show your doctor or nurse your health action plan, if you have one.



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.

Acknowledgments

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Better Health Group

If you would like this information in another language or format,
please contact The Primary Care Liaison Team on 0116 225 5291