

Name:

Date:



Make sure the doctor or nurse talk about all of these and

Important Injections you might need



Things you might be Allergic to



How you like to be communicated with



Any changes to your mobility



Your height and weight and any health risks



Your blood pressure (BP) and Pulse to check your heart



What foods you eat and any health risks in your diet



What Exercise you do and ways to get fitter



Whether you Smoke, drink alcohol or take drugs and ways to help stop



The free Flu vaccine and how you can have nose spray if you can't ever allow injections



Talk about safe sex and about Sexual Health and periods



Talk about what is healthy Bowels (poo) and Bowel screening



For women - talk about checking Breast for lumps and about having Cervical screening



For Men - do you know about checking Testicles for lumps


















Testicles

Whether you Eyesight has changed.



Make sure the doctor or nurse talk about all of these and

<p>Whether you think your <b>Hearing</b> might have got worse</p>  <input type="checkbox"/>	<p>Your <b>Teeth</b>, and dentist and the health risks from having bad teeth and gums</p>  <input type="checkbox"/>	<p>Listen to your <b>Chest</b> and ask about whether you have been coughing</p>  <input type="checkbox"/>	<p>Talk about your <b>Swallowing</b> - Do you cough when you eat or find it hard to swallow?</p>  <input type="checkbox"/>	<p>Has your <b>Bladder (weeing)</b> changed - do you go more often or is it smelly or a dark colour?</p>  <input type="checkbox"/>
<p>If you have <b>Epilepsy</b> talk about how many seizures you get and how often</p>  <input type="checkbox"/>	<p>Check your <b>heart and lungs</b></p> <p>AAA screening</p>  <input type="checkbox"/>	<p>See if you are at risk of <b>diabetes</b> or check your diabetes if you already have it</p> <p>Diabetic eye screening</p>  <input type="checkbox"/>	<p>Check your <b>Muscles and Skeleton (bones)</b> because they can get weak as we get older</p>  <input type="checkbox"/>	<p>How you look after your <b>Feet</b> and cut your toe nails?</p>  <input type="checkbox"/>
<p>Talk about and check <b>Skin</b> for sores and moles</p>  <input type="checkbox"/>	<p>Talk about what you do and about your <b>thoughts and feelings</b> to check your wellbeing</p>  <input type="checkbox"/>	<p>See if you are at risk of getting <b>Dementia</b> and whether you need an assessment</p>  <input type="checkbox"/>	<p>Look at your <b>Medication</b> and see if it should be reviewed (STOMP LD)</p>  <input type="checkbox"/>	<p>At the end have you been given an <b>Annual Health Check action plan</b></p>  <input type="checkbox"/>

# How To use the Annual Health Check checklist



The checklist has most of the things the Doctor or Nurse should talk to you about at your Learning Disability Annual Health Check.



Before you go to your Annual Health Check ask someone who supports you to help you fill out the annual health check preparation form. This will help your Doctors to see if there are health needs you have that have not been spotted before.



Remember, some illnesses hide so it is important to Check it out. The Check it Out symbol on the checklist means that you might be asked to go to a screening test to make sure you don't have illnesses hiding.



Before you go to your Annual Health Check look at all the boxes on the checklist and highlight anything you want to talk to the Doctor or Nurse about. If you need to write some notes to help you remember what you want to ask, then take these notes with you too.



Take the checklist and your notes to the Annual Health Check and tick each section off to make sure all the important things are talked about.

Area of Need	Action	By Whom
• Access to services	• Access to services	• Access to services
• Access to services	• Access to services	• Access to services
• Access to services	• Access to services	• Access to services
• Access to services	• Access to services	• Access to services
• Access to services	• Access to services	• Access to services
• Access to services	• Access to services	• Access to services
• Access to services	• Access to services	• Access to services
• Access to services	• Access to services	• Access to services
• Access to services	• Access to services	• Access to services
• Access to services	• Access to services	• Access to services

At the end you should be given a Annual health check Action Plan. This will say all the things that the Doctors need to do, all the things that you and the person who supports you need to do and the things that you can ask the Community Learning Disability Nurses to help with.

If you want to talk to someone about Annual Health Checks, then your GP Surgery has a learning disability link nurse who can help.



Ask the surgery for the learning disability link nurse information. This can be found at [www.hertfordshire.gov.uk/ldmyhealth](http://www.hertfordshire.gov.uk/ldmyhealth)