



Annual Health Checks: One-page briefing sheet for people with learning disabilities



People with learning disabilities can have poorer health than other people.



They do not always know when they are ill or need to see a doctor. They may not be able to tell people that they feel ill.



An Annual Health Check helps people stay well by finding out about any health problems early, so people can get the right care. Annual Health Checks are for adults and young people aged 14 or over with a learning disability.



People should get a Health Check Action Plan after an Annual Health Check to help them know what to do about any health issues they have.



What people, their families and supporters need to know about Annual Health Checks:



- ✓ What a health check is and why you should have one.



- ✓ The person's right to a health check and reasonable adjustments to support them to have a health check. A reasonable adjustment is when someone changes how they do things to make it better for you – like having an appointment at a particular time of day or needing somewhere quiet to wait for their appointment.



- ✓ What happens during a health check and what may happen after a health check.



- ✓ How best to support the person to have a health check, including preparing for it.



- ✓ People's right to a health action plan.



- ✓ What to do if the person is refused an Annual Health Check (this is something that needs to be agreed locally).



Some questions to people, their families and supporters about their experience of Annual Health Checks:



Are people with learning disabilities and families given support to know about Annual Health Checks and the reasons for having one?



Are people with learning disabilities and their families involved in raising awareness about Annual Health Checks and checking any easy-read information?



Are people with learning disabilities and their families involved in checking whether or not people are having Annual Health Checks, e.g. through a local Partnership Board or other meeting?



More information?



There are lots of resources that can be used to help people understand about Annual Health Checks. Here is a list to help you choose which ones are best for you:



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Health Education England