



## Annual Health Checks: One-page briefing sheet for young people with learning disabilities, their families and supporters



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.



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



Since 2014, people with learning disabilities from the age of 14 can have a health check every year.



A young person with a learning disability will probably get good health care from their child health team.



When the young person grows up and turns 18, they won't see the child health team anymore and will need to see different specialist for different conditions.



From the age of 14, it is a good idea for a young person to get to know their GP and the GP practice so they can support the young person once they turn 18.



**We know that young people from 14 – 18 often don't go to have their Annual Health Check. We want young people and their families to understand:**



- ✓ What an Annual Health Check is and why you should have one.



- ✓ That an Annual Health Check is your right and that you can ask for reasonable adjustments – things that you need to happen to make the health check work for you.



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



- ✓ How best to support someone to prepare for a health check and not to be worried about it.



- ✓ People's rights 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).



**We have thought of some questions to ask young people, their families and supporters about their experience of Annual Health Checks:**



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



Contact and the National Network of Parent Carer Forums have produced information about Annual Health Checks for families. Is this being sent out locally? Do people know about it?



Has work been done with GP practices locally to help them know about their responsibilities and connect with people with learning disabilities and their families?



Is there information about Annual Health Checks for young people available locally?



In your area, how are you making sure that GP practices know that they have to contact young people for an Annual Health Check when they turn 14 years old?



Is the Annual Health Check linked to the education, health and care plan?



Do young people and their families know who to talk to if they need help with getting an Annual Health Check?



Are young people and their families involved in any local work to help make health services, including Annual Health Checks more friendly and accessible?



## More information?



There are lots of resources that can be used to help people understand about Annual Health Checks. There are some help you. Choose which ones are best for you:

<https://www.ndti.org.uk/our-work/our-projects/peoples-health/improving-the-uptake-of-annual-health-checks-for-people-with-learning-disab>



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**Health Education England**