

# A Guide to Health Checks

For Families, Supporters  
& Social Care Providers



## What We Know

People with a learning disability 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 unwell or different.



An annual health check helps people stay well by finding out about any health problems early, so people get the right care.



People should get a health check action plan after an annual health check to help them with any personal health issues.



Having an annual health check can also help the person get to know their doctor and other staff.



Annual health checks are for adults and young people aged 14 or over with a learning disability.



## What Families and Support Staff Need To Know

People with a learning disability are often reliant on families or support staff to get them to the health check appointment, and in some cases to get them an appointment in the first place. Therefore, it is important that families and support staff know:



- What a health check is
- The reasons for having a health check
- People's rights to a health check and reasonable adjustments
- How best to support the person to prepare for and have a health check
- What a health check consists of, and what may happen afterwards
- What to do if the person is refused a health check  
*(this needs to be agreed locally)*
- People's rights to a health check action plan
- What their organisations policy is about health checks





## Some Questions for Families, Supporters & Social Care Providers

1

Has there been work to support families and supporters so that they know about the information overleaf?

### Questions for supporters and providers

2

Do family or support staff know where to get help (for example their local primary care liaison nurse/health facilitator) if they need it?

3

Are health checks talked about at staff meetings or 1-1s?

4

Is there a plan or strategy to help people with learning disabilities get health checks?

5

Do you make sure that when one of the people you support goes for a health check, they have someone with them (if they want this) that they know and trust?

6

Are social care providers involved in any work locally to make primary care and health checks more accessible?



## Resources

There are a lot of resources that can be used to help people understand about health checks.

Many are made with and by people with learning disabilities. There are films and paper-based resources.

To help you choose which ones are best, there is a short description of each resource, where it is from and what it covers:

<https://www.ndti.org.uk/resources/useful-tools/health-check-resources>