

Don't Miss Out: Having a health check and using the GP





Hello!



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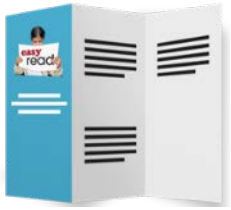


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What we will do today



- Tell you about our Don't Miss Out project



- Learn about the guides and films that we have made

- Talk about what we learnt from our project, and how we can get more people involved.



We are talking about....



- The **learning disability register**. This is a list of people with a learning disability who use the doctor's surgery.
- When you are on the register you can get **extra support to meet your needs**, for example an Annual Health Check or easy read information.





Let's watch a film.

<https://www.youtube.com/watch?v=z8407Uzys3E>

How many people are there with a learning disability in England?

Answer: 1.2 million



How many people in England are on the Learning Disability Register at their GP surgery?



Answer: **252,446**

This is only one in five people with a learning disability



People are missing out!



- Most people with a learning disability are not on the learning disability register



- This means the GP does not have it written on their system



- If the GP does not know, these people are missing out on annual health checks



- They are missing out on extra support with their health, like extra time or easy read information



Our project: Don't Miss Out



- Mencap and NHS England have made a film and guides for people with a learning disability.



- They talk about why it is important to tell your doctor that you have a learning disability



- This was part of a bigger project with Royal College of GP's and NDTi. They also produced information for doctors and social care.



Our project: Don't Miss Out

Let's watch the film to learn more:

<https://www.youtube.com/watch?v=7gANZupyBHM>





Our Guides

Mencap has produced a set of guides about:



- The learning disability register

- Having a health check



- Sharing your support needs with the doctor



We also have an easy read letter to give to the GP, and posters for GP surgeries.



Find them here: www.mencap.org.uk/dontmissout

Getting the message out there!



- Our local groups ran events to tell people about health checks and joining the register



- We shouted about it on social media and in the press!



- We asked other organisations to tell people about the guides



- We wrote to every GP surgery in England to tell them about the project and share our guide with them

What happened next....



- We reached **724,576** people through social media

- The web page has had **over 10,000** unique views

- There have been **3,600** downloads of the **Don't Miss Out** guides.



- **25 GP practices** got in touch to ask for more information and guides. We would like to hear from more!

- Our local groups reached **over 500** people with a learning disability, **92** healthcare professionals and **184** parents / carers face to face



Our learning



Lots of people still do not know about Annual Health Checks or the LD Register



- One group said: We learnt that very few of our members are registered as having a learning disability with their GP surgery. Those that have had an annual health check have received variable service from the medical staff.



- In another group, 35 people had not heard of Annual Health Checks.
- Half of one group knew the term 'Annual Health Check' but less than 25% understood what it is. As a result of the project, 75% of members are now familiar with the term and most can now explain what it means.

Project impact – what groups told us



- People now have better understanding some of the reasonable adjustments they can ask for and their right to equal healthcare.
- People liked the letter they could take to their GP to explain they own specific needs. They found it easier completing this letter than trying to speak to the GP about their needs.



- GP surgeries told us: “The new guide is good for carers and family as it captures all the information they need and is well written.” They also told us, “The information is really useful”, and “looks really interesting”



Work still to do – feedback from groups



- Surgeries need to send **appointment letters and information in Easy Read** so patients can understand. 30% of one group had letters about health checks but did not understand and so did not attend. Some areas do this really well, like Surrey.



- After visiting the GP people were given no **written information** and it was hard to remember what the doctor said.



- People are **worried about visiting their GP**, especially needles used in blood tests. We need to find ways to support people to get used to going to the doctor, or getting to know their surgery.



- GP's are signed up to deliver annual health checks, but the number they deliver is very small, there needs to be a bigger effort to **get more people involved**.

We also learnt that.....



It is hard to reach **people who might not even know they have a learning disability**. They are still missing out on support and adjustments.



- **Families and carers** are really important and need to be told about the LD register and Annual Health Checks.

One dad in a local group had not heard of health checks, and thought they were such a good idea he got one himself. He found out about an important health issue! This shows how parents and carers also need to be informed too.



- It is important to involve families and carers in the Health Action Plan. They have important ideas and views to share.

What can we do to help people not miss out?



What about all people who do not even know they have a learning disability? How do we reach them?



How can we support families and carers to be more aware of the Learning Disability Register and Annual Health Checks?



Please share good ideas or learning from your area!

What will Mencap do next?



- We want to work with young people to make sure they can get Annual Health Checks



- We are still sharing the guides and sending them out to different areas



- We are developing local projects to help people understand more about their own health e.g. healthy eating, exercise, and using the doctor and pharmacy

Any final questions?





Next Steps



- Please share the guides and the video. If you need more guides please speak to us, or email rachel.ashcroft@mencap.org.uk



- Thank you so much for joining us!



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