

## Health check resources

### Introduction

The resources in this document were developed to support the implementation of health checks for people with learning disabilities. We have included all the nationally developed resources we are aware of, and some locally developed resources. However, this is not a comprehensive list. Many local areas will have developed their own resources. It is worth looking on local websites as some will provide information specific to the area. The document is split into four sections as follows:

- Resources for people with learning disabilities and families
- Resources for young people with learning disabilities and families
- Resources for social care providers
- Resources for commissioners, GPs and specialist health professionals

Some resources will appear in more than one category.

To help you choose which ones might be most suitable, there is a short description of each resource, where it is from and what it covers.

### Resources for people with learning disabilities and families

#### Easy Health

This website has a wealth of easy read information about health including information about health checks. The website is currently being upgraded so it is not possible to give more information at this stage: [easyhealth.org.uk](http://easyhealth.org.uk)

#### Don't Miss Out

This project commissioned by NHS England from Mencap, includes films and guidance for people with learning disabilities about health checks. A number of people with learning disabilities are interviewed about what happens at an Annual Health Check, why it's important, and what support you can ask for: [www.mencap.org.uk/advice-and-support/health/dont-miss-out/dont-miss-out-annual-health-checks](http://www.mencap.org.uk/advice-and-support/health/dont-miss-out/dont-miss-out-annual-health-checks)

There is also an easy read leaflet about what a health check is, how to get a health check, and how to find out more information about health checks. : [www.mencap.org.uk/sites/default/files/2017-06/AHC%20Easy%20Read%20Guide%20Final.pdf](http://www.mencap.org.uk/sites/default/files/2017-06/AHC%20Easy%20Read%20Guide%20Final.pdf)

#### About having a health check

This easy read leaflet was written by the Royal College of GPs, the Improving Health and Lives Learning Disability Observatory and Mencap. It covers what a health check is, how to get a health check and where to find more information about health checks. It includes a checklist of everything that should be covered in a health check: [www.mencap.org.uk/sites/default/files/2016-06/Annual\\_health\\_checks\\_Easy\\_Read\\_1.pdf](http://www.mencap.org.uk/sites/default/files/2016-06/Annual_health_checks_Easy_Read_1.pdf)

#### Annual Health Checks

This web page by NHS England has an overview of health checks with links to further resources. It is written in Easy English but does not include pictures: [www.nhs.uk/conditions/learning-disabilities/annual-health-checks/](http://www.nhs.uk/conditions/learning-disabilities/annual-health-checks/)

### **Don't miss out on your health check**

A short easy read leaflet from NHS England about health checks which stresses the need to be on the GP register to get a health check: [www.england.nhs.uk/south/wp-content/uploads/sites/6/2017/03/free-health-check.jpg](http://www.england.nhs.uk/south/wp-content/uploads/sites/6/2017/03/free-health-check.jpg)

### **Health is Everybody's Responsibility**

This film by the Misfits Theatre Company (a theatre company of people with learning disabilities) stresses the importance of having a health check, being on the GP register and what can be added to a Summary Care Record. It has subtitles in Easy English:

[www.youtube.com/watch?v=p4T9QrUchTU&t=2s](http://www.youtube.com/watch?v=p4T9QrUchTU&t=2s)

### **Local resources**

#### **Get Checked, Stay Well**

This film by Inclusion Gloucestershire covers what a health check is, who can have one, why you should have one, what it covers, how long it lasts, what happens after the health check and what happens to the information the doctor collects. There is also a frequently asked questions section.

The film has lots of people with learning disabilities in it, including the person who interviews the doctor. The film has sub-titles in Easy English. It can be found on this page where there are also a number of other films about health: [www.inclusiongloucestershire.co.uk/health-films/](http://www.inclusiongloucestershire.co.uk/health-films/)

#### **It's your health check**

This film is by Somerset Council. It covers what a health check is, who can have one, and why it is important to have one. The film stresses that the person should think about what they want from a health check before they attend and that it is fine to say no to some things. A person with learning disabilities interviews the GP lead for the local Clinical Commissioning Group. At the end of the film there is a link to the 'Don't Miss Out' project by Mencap (see below): [www.youtube.com/watch?v=0wRIJ\\_3x8zc&feature=youtu.be-](http://www.youtube.com/watch?v=0wRIJ_3x8zc&feature=youtu.be-)

#### **Learning Disability Annual Health Check webpage and resources**

This information from Medway Council includes an easy read leaflet that sets out what a health check is, what happens during the check, how to get one and the health action plan. There are also two films about what happens during a health check, one of which is from the perspective of a person with a learning disability: [www.medway.gov.uk/ldannualhealthcheck](http://www.medway.gov.uk/ldannualhealthcheck)

#### **Annual health checks**

This film by Hull CCG features a Learning Disability Primary Care Liaison Nurse and her colleague who has a learning disability. They talk about Annual Health Checks, explain how they have been speaking with GPs to raise the awareness of Annual Health Checks for people with a learning disability, and talk about the importance of reasonable adjustments. The film has subtitles in Easy English. Some of the information is specific to Hull: <https://youtu.be/R9t8Y2kWyj0>

## **Suffolk learning disability partnership resources**

This webpage by Suffolk learning disability partnership includes a pre-health check questionnaire, a reminder to book your annual health check, an invite to an annual health check, a Gold Standard Health Check document which sets out what a health check should include and information on who can see your health record. All documents are in easy read:

[https://suffolkordinarylives.co.uk/resource\\_category/health/](https://suffolkordinarylives.co.uk/resource_category/health/)

## **Resources for young people and families**

In order to improve access to Learning Disability annual health checks for young people aged 14 and over, Contact has been working with National Network of Parent Carer Forums (NNPCF) and NHS England to raise awareness of annual health checks and co-produce resources with GP and Clinical Commissioning Group representatives as well as parent carers. The information has been sent out via the NNPCF and can be used to engage with GP's locally: <https://contact.org.uk/get-involved/parent-carer-participation/improving-health-services/engaging-with-local-health-partners/#GP's>

## **Resources from Contact**

### **GP annual health checks for children with learning disabilities**

This fact sheet is for parents of a child or young person with a learning disability. It has information on GP learning disability registers and annual health checks, why they are important and how parents can support their child or young person to access the services they are entitled to:

[https://contact.org.uk/media/1525830/annual\\_health\\_checks\\_parents.pdf](https://contact.org.uk/media/1525830/annual_health_checks_parents.pdf)

### **Webinar: GP annual health checks for over 14s**

This co-presented a webinar with representatives from Bromley Parent Voice and NHS England covers what GP annual health checks are, why they are important and explains GP learning disability registers and who should be on them. It also highlights what to expect from an annual health check, what a Health Action Plan is, and what to do if this is not what you experience:

[www.youtube.com/watch?v=NjaNQyq\\_vK0&feature=youtu.be](http://www.youtube.com/watch?v=NjaNQyq_vK0&feature=youtu.be)

### **Making practices more welcoming**

This guide is for GP's, practice staff and other health practitioners to understand the needs of children and young people with disabilities which includes some simple reasonable adjustments that they can make to their service. However, it is helpful for parents to know about the guide, and it can be used with health services locally:

[https://contact.org.uk/media/1525865/making\\_gp\\_practices\\_more\\_welcoming.pdf](https://contact.org.uk/media/1525865/making_gp_practices_more_welcoming.pdf)

### **Health services for disabled children and young people**

This updated a guide for GP's, health practitioners and commissioners, aims to increase their understanding of the specialist services that disabled children and young people access. The guide will also help parent carers to understand how health professionals can support their child or young person around issues that commonly affect disabled children and young people:

[https://contact.org.uk/media/1525932/health\\_services\\_for\\_disabled\\_children.pdf](https://contact.org.uk/media/1525932/health_services_for_disabled_children.pdf)

## Other resources

### Checklist of Key Topics to cover at annual reviews from year 9 - 2019

This checklist has been designed around the four life domains that are widely used to think about planning for an adult life in the community. There are specific questions relating to the health check:

- Is the young person registered with a local GP?
- If appropriate, is s/he on the all age learning disability register at the GP surgery?
- Are the family aware of the benefits of an annual health check from age 14?
- Is it clear what reasonable adjustments are likely to be needed to support the child's mental or physical health? E.g. first or last appointments, easy read information provided, etc.

For further information see: [www.preparingforadulthood.org.uk/downloads/education-health-and-care-planning/447.htm](http://www.preparingforadulthood.org.uk/downloads/education-health-and-care-planning/447.htm)

## Local resources

### Supercharged me

Kingfisher Treasure Seekers were commissioned by Gloucestershire CCG to jointly co-produce a website called "Supercharged Me". This is aimed at people with a learning disability who use mobile phones and tablets who would not normally engage with health checks through traditional communication routes. It may therefore appeal to younger people. The campaign is a call to action "to be the best version of yourself you can be" by having an annual health check. See:

<https://superchargedme.uk/>

### Catcote Academy health check video

Short film by young people with learning disabilities about the importance of going for a health check: <https://www.facebook.com/CatcoteAcademy/videos/140253430435311/>

## Resources for social care providers

### How social care staff can help someone with learning disabilities prepare for an annual health check

This short leaflet sets out what an annual health check is, why it is important and what can be done to help someone with their annual health check. There are links to further resources and five key messages. Although the resource is aimed at social care staff the information is also relevant to families. The leaflet includes a link to a supporting set of slides that can be used in training sessions: [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/656259/Social\\_care\\_staff\\_supporting\\_annual\\_health\\_check\\_in\\_learning\\_disabilities.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/656259/Social_care_staff_supporting_annual_health_check_in_learning_disabilities.pdf)

The leaflet is one of a series designed to support social care staff with regards to health and people with learning disabilities. The full set of leaflets with links to slide sets for use in training can be

found here: [www.gov.uk/government/publications/improving-healthcare-access-for-people-with-learning-disabilities](http://www.gov.uk/government/publications/improving-healthcare-access-for-people-with-learning-disabilities)

### **Health is Everybody's responsibility and Better Health for People with Learning Disabilities**

This film and guidance for social care providers was commissioned by NHSE and developed by the Misfits Theatre Company with the NDTi and social care providers. Although it is aimed at social care providers it is also suitable for families. The guidance and film contain key messages about ensuring that people with learning disabilities:

- are on the GP learning disability Quality and Outcomes Framework (QOF) register
- get annual health checks
- have additional information on their Summary Care Record that says what reasonable adjustments they need

The film is available here: [www.youtube.com/watch?v=p4T9QrUchTU&t=2s](http://www.youtube.com/watch?v=p4T9QrUchTU&t=2s)

The guidance can be downloaded here: [www.ndti.org.uk/resources/publications/better-health-for-people-with-learning-disabilities](http://www.ndti.org.uk/resources/publications/better-health-for-people-with-learning-disabilities)

### **The Health Charter for Social Care Providers**

The Voluntary Organisations Disability Group, Public Health England and sector stakeholders developed the health charter to support providers to improve the wellbeing of people with learning disabilities with the aim of reducing inequalities in health and social care.

The health charter provides key principles and guidance to improve the health and well-being of people with learning disabilities, and therefore improve people's quality of life. It includes information on supporting people to have a health check and is aimed at adult social care providers and staff, who have an important role in helping people access good healthcare and lead a healthy lifestyle. For further information see: [www.vodg.org.uk/campaigns/learning-disability-providers-challenged-to-tackle-health-inequalities/](http://www.vodg.org.uk/campaigns/learning-disability-providers-challenged-to-tackle-health-inequalities/)

The health charter documents can be found here: [www.gov.uk/government/publications/improving-healthcare-access-for-people-with-learning-disabilities](http://www.gov.uk/government/publications/improving-healthcare-access-for-people-with-learning-disabilities)

### **Local resources**

#### **Was not brought**

This short film by Inclusion Gloucestershire is about the reasons people with learning disabilities may not turn up to their health appointments. It is important as people with learning disabilities can be recorded as refusing a health check when it was no fault of their own. The film is aimed at GPs and support workers: [www.youtube.com/watch?v=jK7YaXoC5dc&t=2s](http://www.youtube.com/watch?v=jK7YaXoC5dc&t=2s)

#### **#MyGPandMe**

#MyGPandMe is working with GP staff, support workers, families and people with learning disabilities or autism to improve their experiences at the doctors, including health checks.

There is a webpage is for people who support someone with a learning disability or autism to see their doctor. It has some real-life examples of how support teams and GP practices improved care

for patients and some resources including templates that can be used to support people to go to the doctor. See: [www.dimensions-uk.org/get-involved/campaigns/make-gps-accessible-mygpandme/i-support-someone/](http://www.dimensions-uk.org/get-involved/campaigns/make-gps-accessible-mygpandme/i-support-someone/)

### **Learning Disability Annual Health Check webpage and resources**

This information from Medway Council includes a leaflet for parents and carers. It sets out why a health check is important as well as some links to further resources and help. Some of this information is specific to Medway: [www.medway.gov.uk/ldannualhealthcheck](http://www.medway.gov.uk/ldannualhealthcheck)

## **Resources for commissioners, GPs and health professionals**

### **Annual Health Checks and People with Learning Disabilities**

This NHS England webpage gives an overview of health checks including the difference between the learning disability health check and the NHS health check. There are links to further information and resources both within the information and at the bottom of the page, including a link to a document called 'Improving the Uptake of Health Checks for Adults with Learning Disabilities'. The document sets out some of the factors that influence the uptake of health checks locally:

[www.gov.uk/government/publications/annual-health-checks-and-people-with-learning-disabilities/annual-health-checks-and-people-with-learning-disabilities](http://www.gov.uk/government/publications/annual-health-checks-and-people-with-learning-disabilities/annual-health-checks-and-people-with-learning-disabilities)

### **Improving the Identification of people with a learning disability – Guidance for General Practice**

This guidance, developed by NHS England is about improving the identification of people with a learning disability in order to improve the health and wellbeing outcomes. It includes a list of codes that indicate a learning disability, a list of codes that may indicate a learning disability, a list of outdated codes and a learning disability check list: [www.england.nhs.uk/publication/improving-identification-of-people-with-a-learning-disability-guidance-for-general-practice/](http://www.england.nhs.uk/publication/improving-identification-of-people-with-a-learning-disability-guidance-for-general-practice/)

### **Health Checks for People with Learning Disabilities Toolkit**

This toolkit developed by The Royal College of GPs in partnership with the Clinical Innovation And Research Centre includes guidance and resources to help GPs, practice nurses and the primary administration team organise and perform quality Annual Health Checks for people with a learning disability. The toolkit includes information on medication reviews and reducing the use of psychotropic medicine: [www.rcgp.org.uk/clinical-and-research/resources/toolkits/health-check-toolkit.aspx](http://www.rcgp.org.uk/clinical-and-research/resources/toolkits/health-check-toolkit.aspx)

### **Learning disability profiles**

The learning disability profiles have a health section which gives the percentage of eligible adults with learning disabilities who have had a health check. The local authority areas are grouped by region and are colour coded to show whether they are better, similar or worse than the national average: <https://fingertips.phe.org.uk/profile/learning-disabilities/data#page/0/gid/1938132703/pat/6/par/E12000009/ati/102/are/E06000022>

## Health and Care of People with Learning Disabilities – NHS digital statistics

This data set has aggregated data on key health issues for people who are recorded by their GP as having a learning disability, and comparative data about a control group who are not recorded by their GP as having a learning disability. There is a summary report and searchable database. The dataset includes information about health checks: <https://digital.nhs.uk/data-and-information/publications/statistical/health-and-care-of-people-with-learning-disabilities>

## Making practices more welcoming

This guide is for GP's, practice staff and other health practitioners to understand the needs of children and young people with disabilities which includes some simple reasonable adjustments that they can make to their service:

[https://contact.org.uk/media/1525865/making\\_gp\\_practices\\_more\\_welcoming.pdf](https://contact.org.uk/media/1525865/making_gp_practices_more_welcoming.pdf)

## Quality Checking Health Checks for People with Learning Disabilities

This brief audit tool is designed to support practices, primary care liaison staff, health facilitators and others to improve the uptake and quality of annual health checks and thereby reduce the health inequalities experienced by people with learning disabilities. There is also an easy read version of the tool: [www.ndti.org.uk/resources/useful-tools/quality-checking-health-checks-for-people-with-learning-disabilities](http://www.ndti.org.uk/resources/useful-tools/quality-checking-health-checks-for-people-with-learning-disabilities)

## The NHS GP self-assessment and patient survey

This toolkit is designed to be used by quality checkers locally. It is not specific to health checks but includes information about them. There is a self-assessment questionnaire, a guide to visiting the service and a feedback and recommendations report template: [www.england.nhs.uk/learning-disabilities/projects/#Quality-Checkers-programme](http://www.england.nhs.uk/learning-disabilities/projects/#Quality-Checkers-programme)

## Building the right support

this strategy gives commissioners a clear framework to develop more community services for people with learning disabilities and/ or autism who display behaviour that challenges, including those with a mental health condition, and close some inpatient facilities. It includes the provision of annual health checks and health action plans under access to mainstream health services (principle six): [www.england.nhs.uk/learning-disabilities/natplan/](http://www.england.nhs.uk/learning-disabilities/natplan/)

## Local resources

### Was not brought

This short film by Inclusion Gloucestershire is about the reasons people with learning disabilities may not turn up to their health appointments. It is aimed at GPs and support workers:

[www.youtube.com/watch?v=jK7YaXoC5dc&t=2s](http://www.youtube.com/watch?v=jK7YaXoC5dc&t=2s)

### Primary Care Assessment - Annual Health Check web page and resources

This section of the G Care website developed by the NHS in Gloucestershire sets out what an annual health check is along with links to further resources for GPs, practice nurses and the primary care



administration team. It includes links to the national template and a range of easy read letters that the practice can use: [https://g-care.glos.nhs.uk/pathway/590/resource/11#chapter\\_7264](https://g-care.glos.nhs.uk/pathway/590/resource/11#chapter_7264)

### **Learning Disability Annual Health Check webpage and resources**

This information from Medway Council includes a section for GP practices. It sets out what practices can do to increase uptake of Annual Health Checks, a checklist and statistics:  
[www.medway.gov.uk/ldannualhealthcheck](http://www.medway.gov.uk/ldannualhealthcheck)