



# Gold Standard Health Check

what to expect from a quality  
health check



**You may want to share this invitation with someone who supports you such as a family member, friend or support worker.**

# Your Annual Health Check



**An Annual Health Check is a yearly check up at your doctor's surgery.**



**Having a health check every year with a health professionals can help you find out if you have any health problems you need help with.**



**It is a good way of helping you to stay healthy.**



**This booklet is a guide to let you know what to expect in your Annual Health Check, and the things the health professional should check.**

# What happens at an Annual Health Check?



The Annual Health Check involves going to your GP Surgery and a health professional checking things about your health.



It is a good time for you to talk about anything that is worrying you.



The Health Check usually takes around 1 hour.



It is usually half an hour with a doctor and half an hour with a nurse.

# What happens at an Annual Health Check?



During the health check, the health professional will carry out the following:

An overall check of your body:



The health professional will look at your physical health.

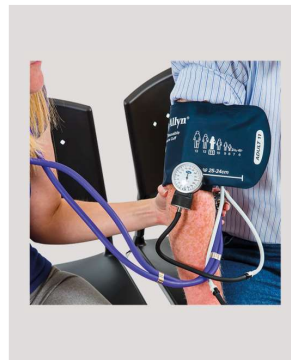
The doctor or nurse will:



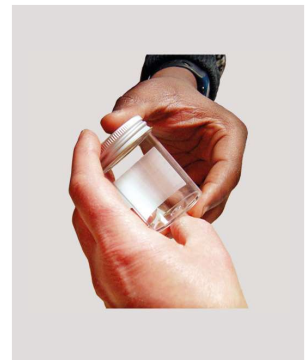
Check your weight



Check your heart rate



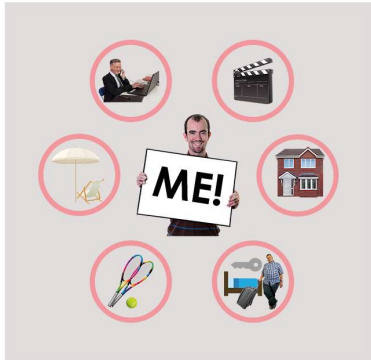
Check your blood pressure



Take a urine (wee) sample

# What happens at an Annual Health Check?

The health professional should also:



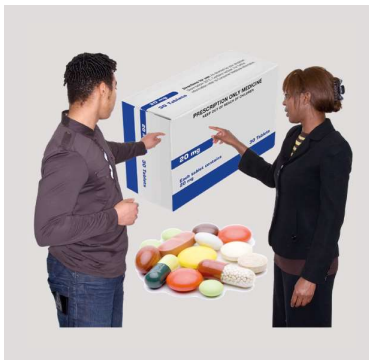
Ask questions about your lifestyle



Ask questions about your mental health



Ask about other health professionals you may see



Check on any prescribed medicines



Check on whether any long-term illnesses are being well managed



Review of any arrangements with other health professionals

## Extra tests

### Extra tests



If your learning disability has a specific cause, the doctor or nurse will often do extra tests for particular health risks.

# What happens at an Annual Health Check?

## Blood tests



Sometimes the health professional will take blood. This will be to check for infections or other conditions. Please make sure you have had plenty to drink as this will help to make taking your blood easier.

## Information



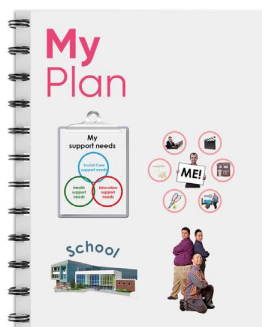
The health professional will talk to you about your health, they will ask you questions.

You can ask them questions about your health and body.



The information you get should be accessible to you, as GP's have to follow a law called the Accessible Information Standard.

## Younger People

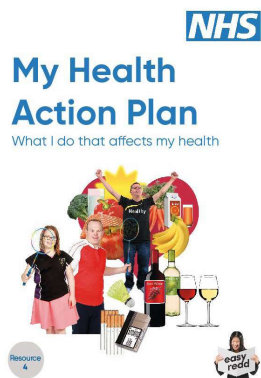


The Health Check is a good place to have some of the planning conversations when you are moving from child to adult services.

# How will the Annual Health Check be tailored to meet my needs?



People with learning disabilities have lots of different needs.



Sometimes these are written down in a Health Action Plan that the health professional can look at (if you want them to).



Putting **reasonable adjustments** in place can help you to have a good health check.



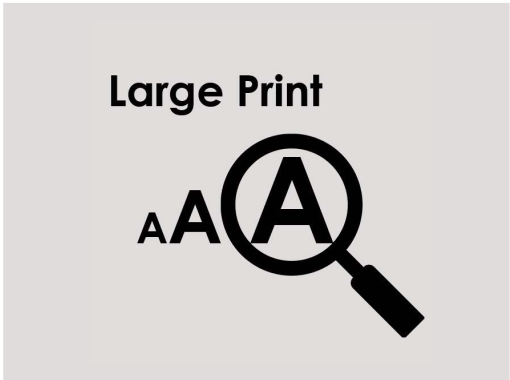
**Reasonable adjustments** mean changing services so they are easier to use.

# Reasonable Adjustments

These adjustments can include:



Using pictures



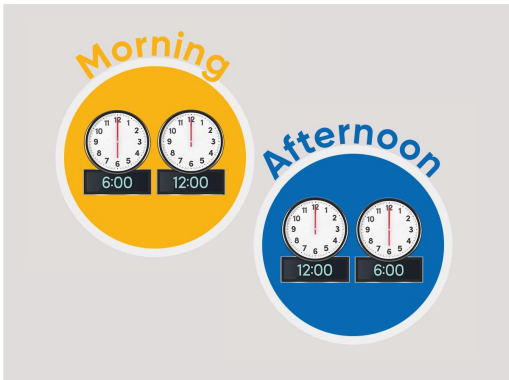
Large print



Simple language to help explain what is happening



Booking longer appointments



Having your appointment at the start or the end of the day



Talking to your health professionals how they can best meet your needs

Please tell your doctor's surgery if you need any adjustments or things that will help you to have an annual health check.

# Do I have to have an Annual Health Check?



No, you don't have to have an Annual Health Check. You can say no to all or parts of the health check. Although you don't have to, it's a really good idea to have your check.



You, or your carer, can ask the health professionals for more information about the process.



You can then give your **consent** before any tests or procedures are carried out.



**Consent** means giving your permission for something to happen.



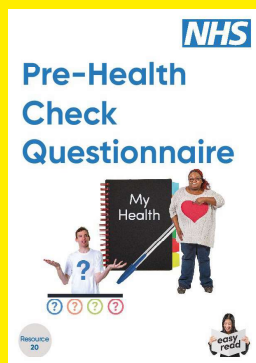
If you have any questions about the annual health check or are worried about any part of it, please contact your doctor's surgery.

## Can I request who I see?



**You can ask to see someone in particular, but it might not be possible.**

## Is there anything I need to take with me?



**Please bring your completed pre-health check questionnaire.**



**You can also ask for a copy of your health plan.**

# Is there anything I need to take with me?



Please also bring a urine (wee) sample.

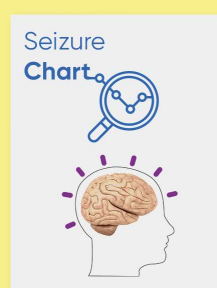
(If you have them) please also bring:



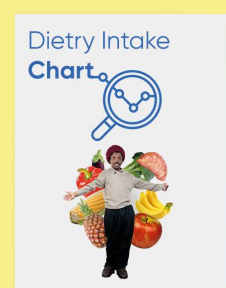
Bowel charts



Fluid charts



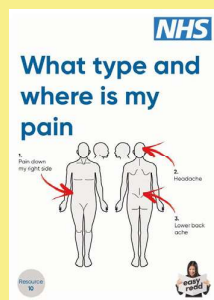
Seizure charts



Dietary intake charts



All your medication



What type & where is my pain booklet

This will all help your check to go smoothly and help to make sure the health professionals has all the information they need.

# Primary Care Accessible Resources

## Resource 3: Gold Standard Health Check

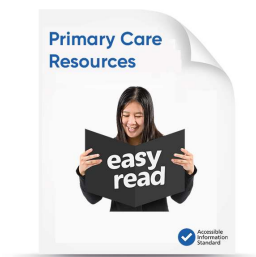
Suffolk Learning  
Disability Partnership



This booklet was made in co-production by members of the Suffolk Learning Disability Partnership.



The resources were originally funded by Clinical Commissioning Groups in Suffolk. They have been amended for use across Birmingham & Solihull with the permission from Suffolk Clinical Commissioning Groups.



This booklet is **Resource 3** and forms part of a number of projects that help to explain things about primary care services.



Designed by: **Ace Anglia: Accessible Information**

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Made using:

