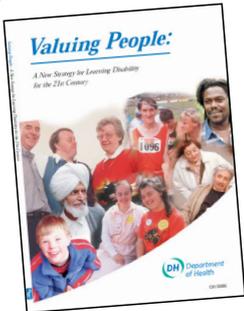




Health Checks for People with a Learning Disability

Information for families and carers



It is proven that people with Learning disability have poorer physical and mental health and experience greater health inequalities than the general population. Annual health checks are a way to ensure that health issues are diagnosed and addressed, improve health and wellbeing and reduce health inequalities.

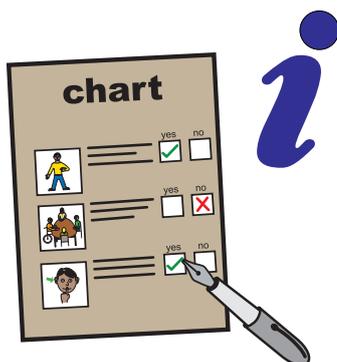
If you feel that someone needs to see the GP between health checks, make an appointment.

GPs are now offering health checks and Health Action Plans for people with learning disabilities aged over 14 years.



In Leeds, the children's and adult services are structured very differently and moving into the adult services can be a very difficult time. Children's health needs are usually overseen by the school doctor or a paediatrician. Adult services operate on an "episode of care basis" which offer the support needed in a limited time scale. Health checks are a good way for the GP to oversee a child's health needs as they move into adulthood and can ensure timely use of appropriate services.

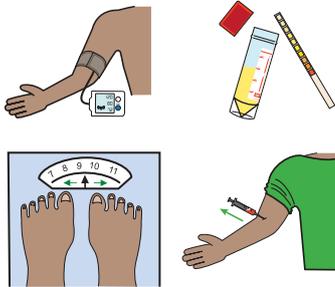
Items to take to the appointment include:



- Completed the get checked out checklist
- A urine sample
- Monitoring charts for bowel care, epilepsy etc.
- Medication sheets



get
checked
out



The health check may include some of these tests:

- blood pressure check
- urine tests
- weight
- blood tests
- checks of eye and ear health



The GP will complete checks such as:

- physical examination
- review of medication
- prescription of new medications
- referrals to other services



Following the check, the GP will produce a health action plan detailing all the points discussed in the Health check. With the person's consent, this can be shared with relevant professionals involved in the persons support.

The GP will give you a copy of the health action plan to take away so that you remember all of the health needs which need addressing until the next appointment.



Please see our useful links and websites sheet.



Your Health Matters
easy on the i
Easy Health
Through the Maze
Leeds Mental Health Directory

0113 85 50532
0113 85 50530/1
020 8879 6333
0113 2703233
0113 3055800