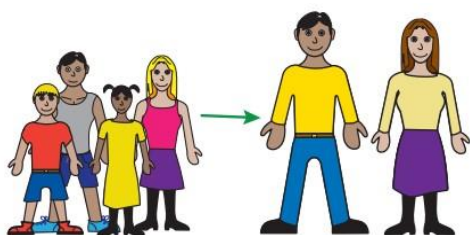
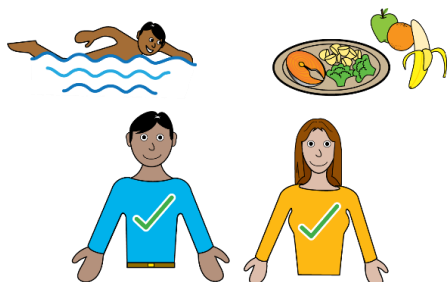


All about Annual Health Checks with your Doctor



All people with a **Learning Disability** from the age of 14 are offered an **Annual Health Check**

This Health Check happens once a year



These are very important to help you stay well

It is important that you get to know your Doctor too

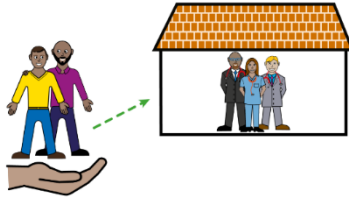


Your Doctor will send you a letter inviting you to your Annual Health Check



An annual Health Check will take at least **30 minutes**

bring someone with you

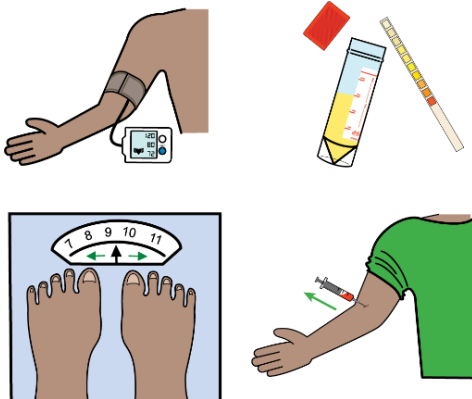


You can take a Parent or Carer with you

nurse



First you might see a Nurse



A Nurse will see how tall you are.

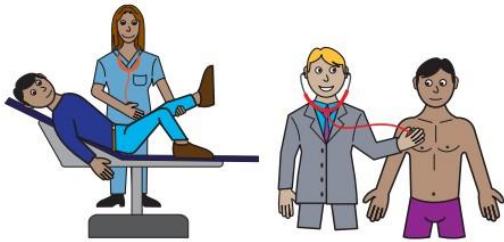
A Nurse will weigh you on some special scales

A Nurse will take your blood pressure

A Nurse might ask you to wee in a pot. This is so they can test your wee to see if you have an infection.

A Nurse **might** want to take a blood sample.

It's **OK** to tell the Nurse if you are scared of needles.



Then you will see the Doctor

The Doctor will ask you how you are feeling

The Doctor might want to look at and feel parts of your body like listening to your chest.

They will ask you if this is OK first

You can say if it is not OK



From October you will be offered your Flu vaccine. **This is free**

Don't worry if you are scared of needles. You can have a nasal spray instead



The Doctor will then write your action plan.

The Doctor will ask if it's OK to tell other people who support you about your health check.

This is called giving consent.

community learning disability team



If you want to ask some questions about Annual Health Checks then you can speak to one of the Community Learning Disability Nurses.

South Cumbria Adult Team 01229 404531

North Lancashire Adult Team 01524 550330

South Cumbria Children's Team 01229 404693

North Lancashire Children's Learning Disability Team 01524 550331