**Important Injections you might need**

- [ ]

**Things you might be Allergic to**

- [ ]

**How you like to be communicated with**

- [ ]

**Any changes to your mobility**

- [ ]

**Your height and weight and any health risks**

- [ ]

**Your blood pressure (BP) and Pulse to check your heart**

- [ ]

**What foods you eat and any health risks in your diet**

- [ ]

**What Exercise you do and ways to get fitter**

- [ ]

**Whether you Smoke, drink alcohol or take drugs and ways to help stop**

- [ ]

**The free Flu vaccine and how you can have nose spray if you can't ever allow injections**

- [ ]

**Talk about safe sex and about Sexual Health and periods**

- [ ]

**Talk about what is healthy Bowels (poo) and Bowel screening**

- [ ]

**For women - talk about checking Breast for lumps and about having Cervical screening**

- [ ]

**For Men - do you know about checking Testicles for lumps**

- [ ]

**Whether you Eyesight has changed.**

- [ ]
### Annual Health Check Checklist page 2

Make sure the doctor or nurse talk about all of these and ✔

<table>
<thead>
<tr>
<th>Whether you think your Hearing might have got worse</th>
<th>Your Teeth, and dentist and the health risks from having bad teeth and gums</th>
<th>Listen to your Chest and ask about whether you have been coughing</th>
<th>Talk about your Swallowing - Do you cough when you eat or find it hard to swallow?</th>
<th>Has you Bladder (weeing) changed - do you go more often or is it smelly or a dark colour?</th>
</tr>
</thead>
<tbody>
<tr>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>If you have Epilepsy talk about how many seizures you get and how often</th>
<th>Check your heart and lungs</th>
<th>See if you are at risk of diabetes or check your diabetes if you already have it</th>
<th>Check your Muscles and Skeleton (bones) because they can get weak as we get older</th>
<th>How you look after your Feet and cut your toe nails?</th>
</tr>
</thead>
<tbody>
<tr>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Talk about and check Skin for sores and moles</th>
<th>Talk about what you do and about you thoughts and feelings to check your wellbeing</th>
<th>See if you are at risk of getting Dementia and whether you need an assessment</th>
<th>Look at your Medication and see if it should be reviewed (STOMP LD)</th>
<th>At the end have you been given an Annual Health Check action plan</th>
</tr>
</thead>
<tbody>
<tr>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
</tr>
</tbody>
</table>

---

[Annual Health Check Checklist page 2](#)
How To use the Annual Health Check checklist

The checklist has most of the things the Doctor or Nurse should talk to you about at your Learning Disability Annual Health Check.

Before you go to your Annual Health Check it is good to get someone who helps you to complete the Careers preparation Tool. This will help your Doctors to see if there are health needs you have that hadn't been spotted before.

Remember, some illnesses hide so it is important to Check it out. The Check it Out symbol on the checklist means that you might be asked to go to a screening test to make sure you don't have illnesses hiding.

Before you go to your Annual Health Check look at all the boxes on the checklist and highlight anything you want to talk to the Doctor or Nurse about. If you need to write some notes to help you remember what you want to ask then take these notes with you too.

Take the checklist and your notes to the Annual Health Check and tick each section off to make sure all the important things are talked about.

At the end you should be given a Annual health check Action Plan. This will say all the things that the Doctors need to do, all the things that you and your careers need to do and also the things that you can ask the Community Learning Disability Nurses to help with.

If you want to talk to someone about Annual Health Checks then your GP Surgery has a learning disability link nurse who can help.

Ask the surgery for the learning disability link nurses information.