

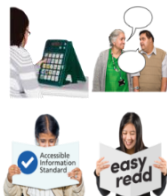
Important
Injections you
might need



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

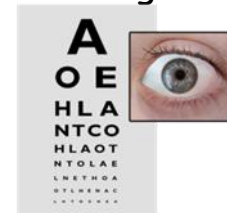


For Men - do you
know about
checking Testicles
for lumps


















Testicles

Whether you
Eyesight has
changed.



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

<p>Whether you think your Hearing might have got worse</p>  <input type="checkbox"/>	<p>Your Teeth, and dentist and the health risks from having bad teeth and gums</p>  <input type="checkbox"/>	<p>Listen to your Chest and ask about whether you have been coughing</p>  <input type="checkbox"/>	<p>Talk about your Swallowing - Do you cough when you eat or find it hard to swallow?</p>  <input type="checkbox"/>	<p>Has your Bladder (weeing) changed - do you go more often or is it smelly or a dark colour?</p>  <input type="checkbox"/>
<p>If you have Epilepsy talk about how many seizures you get and how often</p>  <input type="checkbox"/>	<p>Check your heart and lungs</p> <p>AAA screening</p>  <input type="checkbox"/>	<p>See if you are at risk of diabetes or check your diabetes if you already have it</p> <p>Diabetic eye screening</p>  <input type="checkbox"/>	<p>Check your Muscles and Skeleton (bones) because they can get weak as we get older</p>  <input type="checkbox"/>	<p>How you look after your Feet and cut your toe nails?</p>  <input type="checkbox"/>
<p>Talk about and check Skin for sores and moles</p>  <input type="checkbox"/>	<p>Talk about what you do and about your thoughts and feelings to check your wellbeing</p>  <input type="checkbox"/>	<p>See if you are at risk of getting Dementia and whether you need an assessment</p>  <input type="checkbox"/>	<p>Look at your Medication and see if it should be reviewed (STOMP LD)</p>  <input type="checkbox"/>	<p>At the end have you been given an Annual Health Check action plan</p>  <input type="checkbox"/>

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.