

my annual health check



annual health checks for
people with learning disabilities

my name is:

I like to be called:



what is in this booklet?

the pages are colour coded

	before my health check
	my medication
	what I need to tell my doctor
	what will happen at my health check?
	health screening
	about my mental health
	what will happen after my health check?
	my health action plan
	local services for people with learning disabilities



before my health check

A photograph of two men standing side-by-side. The man on the left is wearing a pink polo shirt and dark shorts. The man on the right is wearing a black t-shirt and blue jeans.	it is important to bring someone with you who knows you well
A blue push-button telephone with a coiled cord.	tell your doctor's surgery if you need anything to support your appointment
A close-up of a person's wrist with a watch, and a finger pointing to the watch face.	do you need an appointment at a certain time?
A booklet titled 'Plan' with a picture of a doctor and a patient on the cover.	you need to bring this annual health check booklet with you
A hand holding a clear plastic bottle, with a stream of urine being collected into it from a person's leg.	you need to bring a fresh wee sample in a clean bottle
A hand holding a blister pack containing several white, round pills.	please bring all medication you are taking including medication you have bought yourself



my medication

bought myself			
from my doctor			
time I take it			
dose			
name			



my medication

bought myself	 Supermarket		
from my doctor			
time I take it			
dose			
name			



my medication

bought myself			
from my doctor			
time I take it			
dose			
name			

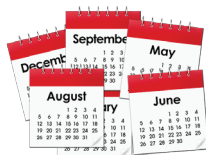


what I need to tell my doctor

use these pages to write down any worries you have about your health



what is it you are worried about?



how long has it been happening?



when does it happen?



how long does it happen for?



have you taken any medication for it? did it help?



does anyone else have worries or concerns about your health?



what will happen at my health check?



the doctor or nurse will examine you and ask you some questions



they will check your blood pressure



they will see how much you weigh
the doctor or nurse will ask if you eat a special diet



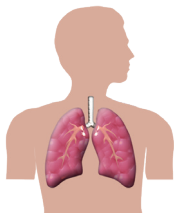
the doctor or nurse will see how tall you are



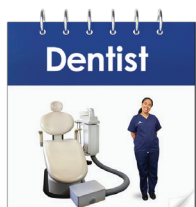
they will test the wee sample you brought with you



the doctor or nurse will
check your ears
this is not a hearing test



the doctor or nurse will check
your heart and breathing
they might listen to your chest



they will check that you have
a dentist and that you visit
regularly



they will check that you have
an optician and that you have
your eyes checked regularly



they might take your
temperature

they might take a blood
sample if they need to



you might be asked questions about these things



you might be asked about
epilepsy



if you have a diary for your
epilepsy please bring it with
you



you might be asked if you
have any allergies



you might be asked about
your eating or swallowing



you might be asked if you
have any problems using the
toilet



the doctor or nurse might feel
your stomach



you might be asked if you
have diabetes



you might be asked if you
have any pain at the moment



the doctor or nurse might ask if
you are in a relationship



they might ask if you know
about safe sex



health screening



health screening can find a problem early before you get any symptoms



a health problem found early can be treated quicker



there is a lot of accessible and easy read information about health screening



a good website with lots of easy read health information is www.easyhealth.org.uk



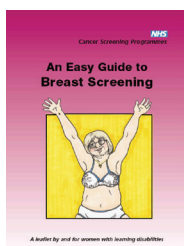
it is a good idea to get to know your own body



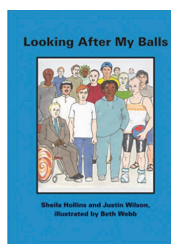
if you know your own body
well you will notice any
changes



check your body every time
you have a bath or shower



do you know how to check
your boobs or breasts?



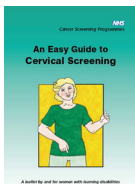
do you know how to check
your balls or testicles?



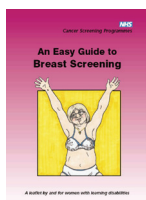
if you are worried about
changes in your body talk to
someone you trust

health screening ages

this is a guide to health screening please
check what is available locally



cervical screening
25-49 years old every 3 years
50-64 years old every 5 years



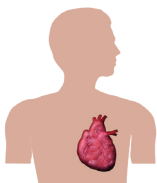
breast screening
50-70 years old every 3 years



bowel cancer home testing kit
60-74 years old every 2 years



bowel scope screening
aged 55 and over



AAA or abdominal aortic
aneurysm
all men in their 65th year



diabetic eye screening offered
every year to people with
diabetes



about my mental health

how I am feeling



sometimes we need support
to manage our feelings and
mental health



my mental health diagnosis is...

I have been feeling

angry ☐



sad ☐



ok ☐



happy ☐



the people who are supporting
me with this are....



I have been feeling



upset and tearful

☐ please give more details if you can



angry

☐ please give more details if you can



I do not feel like doing anything

☐ please give more details if you can



tired

☐ please give more details if you can



I have not been sleeping well

☐ please give more details if you can



my appetite has changed

☐ please give more details if you can



I do not want to see anyone

☐ please give more details if you can



I do not want to go out anywhere

☐ please give more details if you can



I want to hurt myself sometimes

☐ please give more details if you can



I have been like this for

☐ please give more details if you can



things I can do to help my mental health



talk to someone I trust
share how I feel



keep active
take part in exercise



eat a healthy diet



do something I enjoy
take part in a hobby



keep in touch with people
family and friends



what will happen after my health check?



the doctor or nurse might want you to have some tests



they might ask for someone else to be involved with your health



they might stop your medication



they might give you different medication to take



after your health check they will write down what you can do to make your health better



this is called a **health action plan** or a **HAP**



you can share your health action plan with the people you want to help you



this could be

- your parents
- your carer
- care manager
- health liaison nurse
- friend



your health action plan will be checked in 1 year as part of your next annual health check



this is to make sure the things have been done



we will all be able to see if your health has improved



my health action plan

date



my health need



who will help me



my height



my weight



my blood pressure





my health action plan

what I need to do and
what will happen



we will look
at this again





my health action plan

date



my health need



who will
help me





my health action plan

what I need to do and
what will happen



we will look
at this again



my notes

you can use this page to write down things about your health action plan





local services for people with learning disabilities



there are 4 learning disability community teams in Lincolnshire



each team has a health liaison nurse who you can contact for advice and support



Lincolnshire West

01522 309 137



Lincolnshire East

01205 446 896



Lincolnshire South West

01476 858 254



Lincolnshire South

01775 652 102



this booklet has been produced by



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NHS Foundation Trust



South West Lincolnshire
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made with
photosymbols®

in line with the accessible information standard
adult learning disability specialist community
and autism liaison service

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