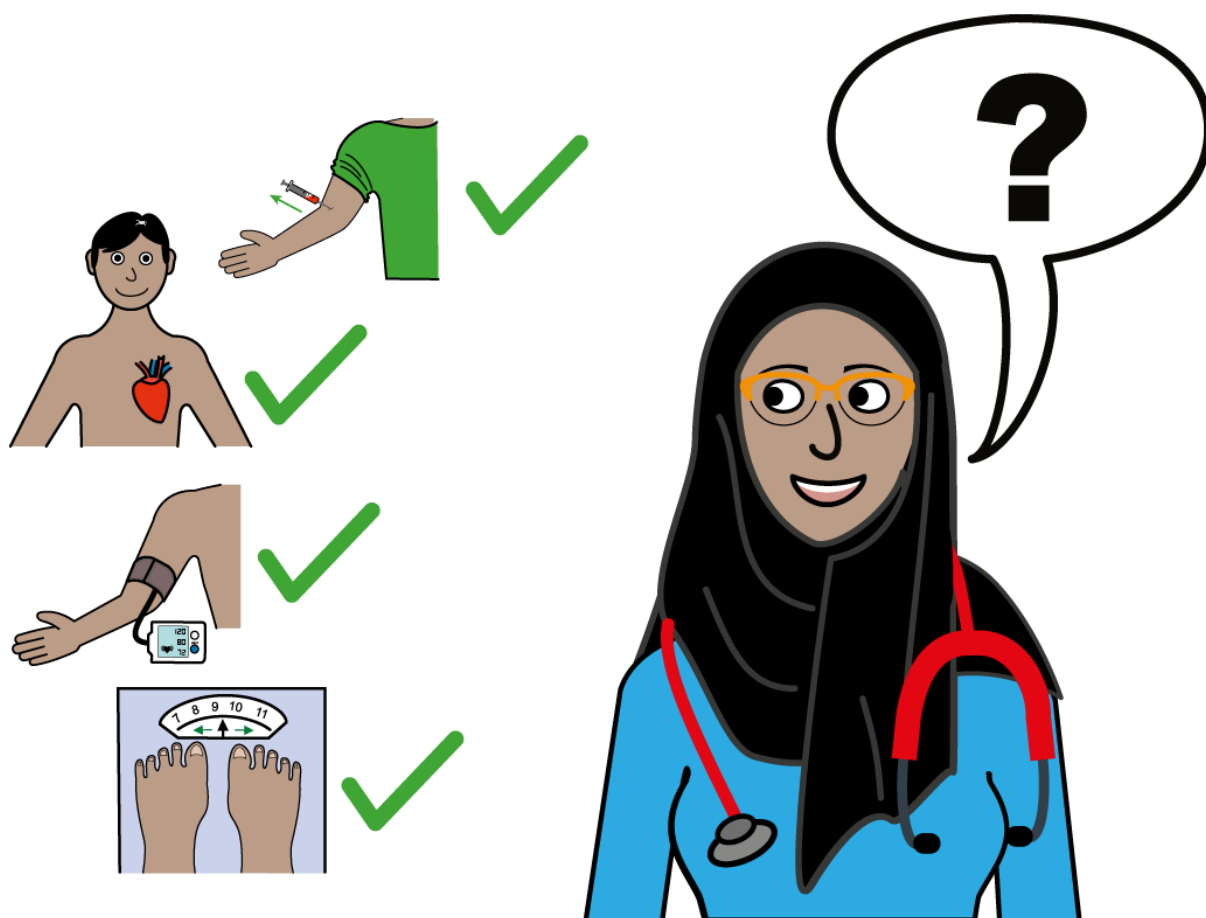
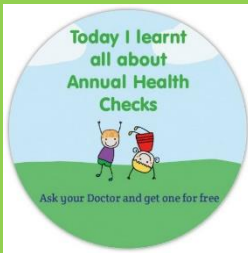
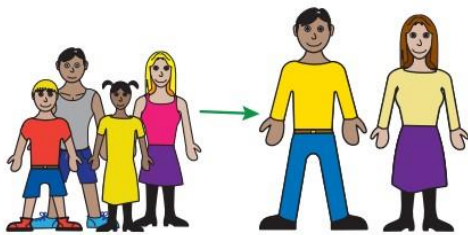


All about Annual Health Checks



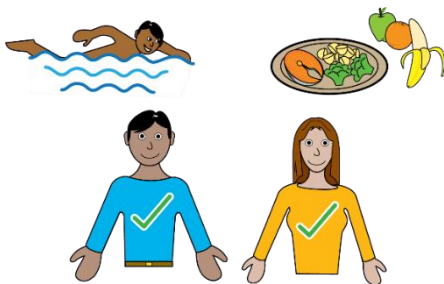


All about Annual Health Checks



All people with a **Learning Disability** from the age of 14 can have 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 the staff at your GP surgery too

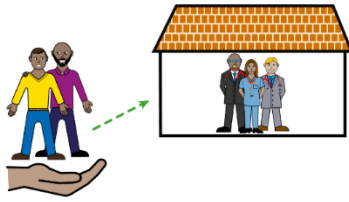


Your GP surgery will invite you to your Annual Health Check – they might phone or write to you

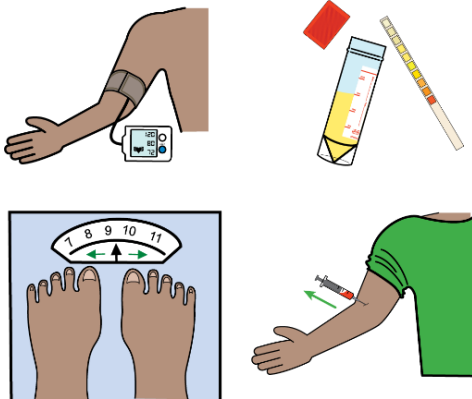


An annual Health Check will take at least **30 minutes**

bring someone with you



You can take your mum or dad or a carer with you



You will talk to one of the health and care staff from the surgery.

They will see how tall you are.

They will weigh you on some scales

They will take your blood pressure

They **might** want to take a blood sample.

It's **OK** to tell them if you are scared of needles. You can say no I don't want this.

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

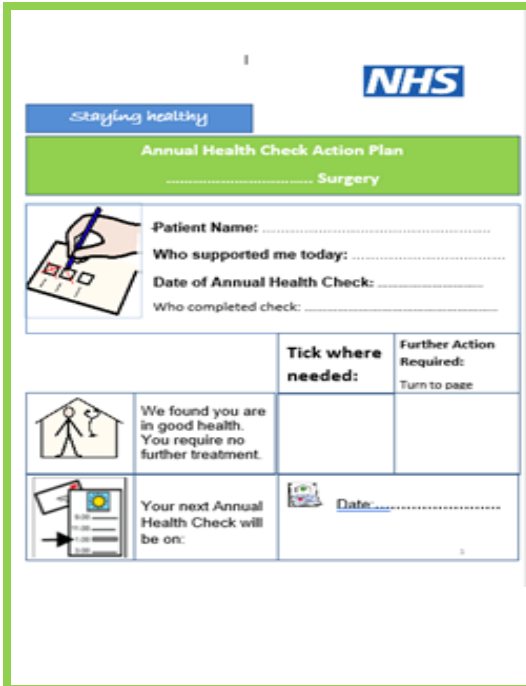
They will ask you if this is OK first. You can say no I don't want this.





From October you will be offered your flu vaccine if you haven't had it at school.

This is free

Don't worry if you are scared of needles. You might be able to have a nasal spray instead



The form is titled 'Annual Health Check Action Plan' and includes fields for Patient Name, Who supported me today, Date of Annual Health Check, and Who completed check. It also has a table for recording health status and further actions.

	Tick where needed:	Further Action Required:
 We found you are in good health. You require no further treatment.		Turn to page
 Your next Annual Health Check will be on:	Date:	

The person will then write a plan with you to help keep you healthy.

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

If you say yes, this is called giving your consent.



If you have any questions about the health check, you can talk to someone from your GP surgery or to other health and care staff like a nurse or social worker.

If you live in the Bradford district you can also contact:

The Community Team Learning Disabilities by email:
CTLD.FrontDoorTeam@bradford.gov.uk

The Health team at Waddiloves, by calling 01274 497121

If you live in North Yorkshire, you can contact: Health and Adult Services and Children and Young Peoples Services by calling 01609 780780