

## Annual Health Check for Adults with a Learning Disability

- Anyone with a Learning Disability over the age of 14 years should be on their GP's learning disability register and will be entitled to have an annual health check.
- The annual health check has been established because it has been identified (CIPOLD report) that people with a Learning Disability often have reduced access to health services and therefore less likely to receive interventions they require.
- Poor communication and access often mean that people with a learning disability do not get the regular screening that the general population do.
- It is also in place because it is recognised that people with a learning disability generally have poorer physical and mental health.
- It is also an aid to GP's in detecting early signs of disease and chronic illness, and an opportunity to have a regular medication review.
- GPs are paid for an hour for every annual health check they complete. The legal requirements from the Royal College of General Practitioners states:

*Putting reasonable adjustments in place is a legal duty, and it is 'anticipatory', meaning that health service organisations are required to consider in advance what adjustments people with learning disabilities need.*

*The health check is ideally split into two half an hour appointments, which are sequentially arranged with the practice nurse and then the patient's usual GP.*

*Some patients with learning disabilities may find dealing with two different professionals creates more anxiety, so a flexible approach is recommended depending on the needs of the patient.*

- During the health check the GP or practice nurse will:
  - do a physical check-up, including weight, heart rate, blood pressure and taking blood and urine samples
  - talk to the adult about staying well and if they need any help with this
  - ask about things that are more common in people with a learning disability, such as epilepsy, constipation, or problems with swallowing (dysphagia)
  - talk to the adult about their medication.
  - check to see if their vaccinations are up to date

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- if they have a health problem such as asthma or diabetes, the GP or nurse will check how it's going
- check to see if they have any other health appointments, such as physiotherapy or speech therapy
- ask if family and/or carers are getting the support they need

The GP will then complete a Health Action Plan for the individual  
( See health Action Plan in toolkit )

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