

Get Your Check

The yearly health check for people who have a learning disability.

Easy
read





You can have a free health check if you are over 14 years old.

You need to be on the learning disability register at your doctors.



A health check with your doctor will help you stay healthy.



It will make sure serious ill-health like cancer is found early so you get the right treatment.



Someone from your surgery will contact you and ask you to make an appointment



You can also ask for a health check if you have not had one.



Your doctor's will tell you if you need to take anything with you like your medicines.



Your health check will take about 30 minutes.



You can have someone go with you who you like and trust. For example, your support worker.



Your nurse will do some tests, like blood pressure or a wee test.



You may see the doctor who will ask you some questions about your health.



Make sure you take your own health record with you to show the doctor.



Make sure you let your doctor's surgery know if you need extra help or time.



You might need a quiet space to wait, or an appointment at the end of the day.



You can ask your nurse or doctor to explain anything.



After your health check your doctor will let you know if you need to see anyone else.



This should be written or kept in your health record as an action plan.

Name of my doctor

Address of my doctor's surgery

Telephone number of my doctor's surgery

Date of my last annual health check

Things to tell my doctor (Such as changes in eating, pain, lumps)

Remember, if you are unwell at any time you should go to see your doctor. Don't wait until your health check.

We will be putting a lots of information about the health check and cancer screening on our website as part of our Health Advocacy work.



www.lsup.org.uk



020 8692 1862



Lewisham Speaking Up
The Deptford Albany
First Floor
Douglas Way
London
SE8 4AG

