

Got the T-Shirt! Now 'Get Your Check'

Young People who have a Learning Disability
and the Annual Health Check.



Who is this leaflet for?



This leaflet is for young people who have a learning disability who are 14 years and older.



It tells you about the Health Check you can have every year.



The Annual Health Check is part of becoming an adult.



To get your Annual Health Check you must be on the 'Learning Disability Register' at your doctor's surgery.

The 'Learning Disability Register' is a list of people who go to that surgery.

Why is having a health check important?



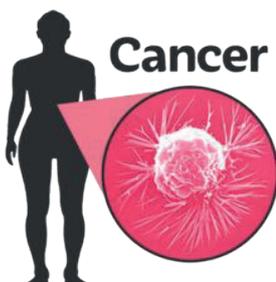
Having an Annual Health Check will help to make sure you are well and living in a healthy way.



It takes about 20 minutes and the nurse will do some simple checks. For example, how tall you are, how much you weigh, and your blood pressure.



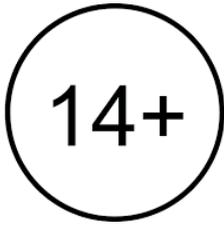
You can also talk about your lifestyle such as what you eat and how much exercise you do.



Your Annual Health Check will make sure that any illness found is treated early.

Serious illnesses like cancers need to be found early. When they are treated early, there is a higher chance of getting better.

How do you Get Your Check?



When you become 14 years old your doctor's surgery should phone or write to you to arrange your first Annual Health Check.



You can ask about the Annual Health Check at your school review or at college.



Remember to book your time to go.



It is important to tell the doctor's surgery if you need anything to make your Annual Health Check easier.



For example, a quiet space to wait in, a time to go that is less busy or help you need to have your Health Check.



It is good to talk to your family and friends so that they can support you to 'get your check'.



If you don't get your invite, you can phone your doctor's surgery.

Tell them you should be on the 'Learning Disability Register' and would like an Annual Health Check.



You should think about your health, any worries or questions you have before you go.



They will tell you if you need to take anything with you.



If you have a 'health plan' you should take it with you.



When you go for your appointment you can ask the nurse to explain anything.

What happens after my health check?



After the Annual Health Check your doctor will let you know if you need to see anyone else.



You should get a plan after your health check telling you what happens next.



This makes sure that things get done quickly and everyone knows what is happening.



Remember. 'Get your Check' and stay healthy, happy and active.



If you have any problems talk to your family, to a teacher, college tutor or Lewisham Speaking Up.

This page is for you to write down who your doctor is, where they see you (The Surgery) and the last time you had your health check.



Name of my doctor



Address of my doctor's surgery



Telephone number of my doctor's surgery



Date of my last health check



Things to tell my doctor (Such as changes in your health or anything you want to talk about)

Find out more



You should go to the doctor if you are unwell or worried about your health.

Don't wait until your health check.



Have a look at our website under 'Health Advocacy' that has lots of easy read information about keeping well.



www.lsup.org.uk



020 8692 1862

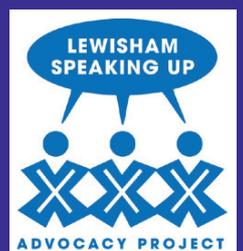


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'Get Your Check' Project



In Partnership with

