

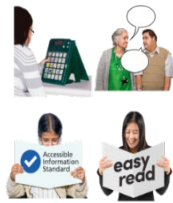
Important  
**Injections** you  
might need




Things you might  
be **Allergic** to




How you like to be  
**communicated** with




Any changes to  
your **mobility**




Your **height and weight** and any  
health risks




Your **blood pressure (BP)** and  
Pulse to check your  
heart




What foods you  
eat and any health  
risks in your **diet**




What **Exercise** you  
do and ways to get  
fitter




Whether you  
**Smoke, drink alcohol or take drugs** and ways to  
help stop




The free **Flu vaccine** and how you  
can have nose spray if  
you can't ever allow  
injections




Talk about safe  
**sex** and about  
Sexual Health and  
periods




Talk about what is  
**healthy Bowels (poo)** and **Bowel screening**




For women -talk  
about **checking Breast** for lumps  
and about having  
**Cervical screening**




For Men - do you  
know about  
**checking Testicles**  
for lumps


















Testicles

Whether you  
**Eyesight** has  
changed.



Make sure the doctor or nurse talk about all of these and

<p>Whether you think your <b>Hearing</b> might have got worse</p>  <input type="checkbox"/>	<p>Your <b>Teeth</b>, and dentist and the health risks from having bad teeth and gums</p>  <input type="checkbox"/>	<p>Listen to your <b>Chest</b> and ask about whether you have been coughing</p>  <input type="checkbox"/>	<p>Talk about your <b>Swallowing</b> - Do you cough when you eat or find it hard to swallow?</p>  <input type="checkbox"/>	<p>Has your <b>Bladder (weeing)</b> changed - do you go more often or is it smelly or a dark colour?</p>  <input type="checkbox"/>
<p>If you have <b>Epilepsy</b> talk about how many seizures you get and how often</p>  <input type="checkbox"/>	<p>Check your <b>heart and lungs</b></p> <p>AAA screening</p>  <input type="checkbox"/>	<p>See if you are at risk of <b>diabetes</b> or check your diabetes if you already have it</p> <p>Diabetic eye screening</p>  <input type="checkbox"/>	<p>Check your <b>Muscles and Skeleton (bones)</b> because they can get weak as we get older</p>  <input type="checkbox"/>	<p>How you look after your <b>Feet</b> and cut your toe nails?</p>  <input type="checkbox"/>
<p>Talk about and check <b>Skin</b> for sores and moles</p>  <input type="checkbox"/>	<p>Talk about what you do and about your <b>thoughts and feelings</b> to check your wellbeing</p>  <input type="checkbox"/>	<p>See if you are at risk of getting <b>Dementia</b> and whether you need an assessment</p>  <input type="checkbox"/>	<p>Look at your <b>Medication</b> and see if it should be reviewed (STOMP LD)</p>  <input type="checkbox"/>	<p>At the end have you been given an <b>Annual Health Check action plan</b></p>  <input type="checkbox"/>

# How To use the Annual Health Check checklist



The checklist has most of the things the Doctor or Nurse should talk to you about at your Learning Disability Annual Health Check.



Before you go to your Annual Health Check it is good to get someone who helps you to complete the annual health check prep form. This will help your Doctors to see if there are health needs you have that hadn't been spotted before. You can get a prep form here [www.hertfordshire.gov.uk/LDhealthchecks](http://www.hertfordshire.gov.uk/LDhealthchecks)



Remember, some illnesses hide so it is important to Check it out. The Check it Out symbol on the checklist means that you might be asked to go to a screening test to make sure you don't have illnesses hiding.



Before you go to your Annual Health Check look at all the boxes on the checklist and highlight anything you want to talk to the Doctor or Nurse about. If you need to write some notes to help you remember what you want to ask then take these notes with you too.



Take the checklist and your notes to the Annual Health Check and tick each section off to make sure all the important things are talked about.



At the end you should be given a Annual health check Action Plan. This will say all the things that the Doctors need to do, all the things that you and your careers need to do and also the things that you can ask the Community Learning Disability Nurses to help with.



If you want to talk to someone about Annual Health Checks then your GP Surgery has links with learning disability community nursing and the Purple Star Team. [www.hertfordshire.gov.uk/ldmyhealth](http://www.hertfordshire.gov.uk/ldmyhealth)



Ask the surgery for the learning disability link nurses information.  
Copies of this can be found at [www.hertfordshire.gov.uk/LDhealthchecks](http://www.hertfordshire.gov.uk/LDhealthchecks)