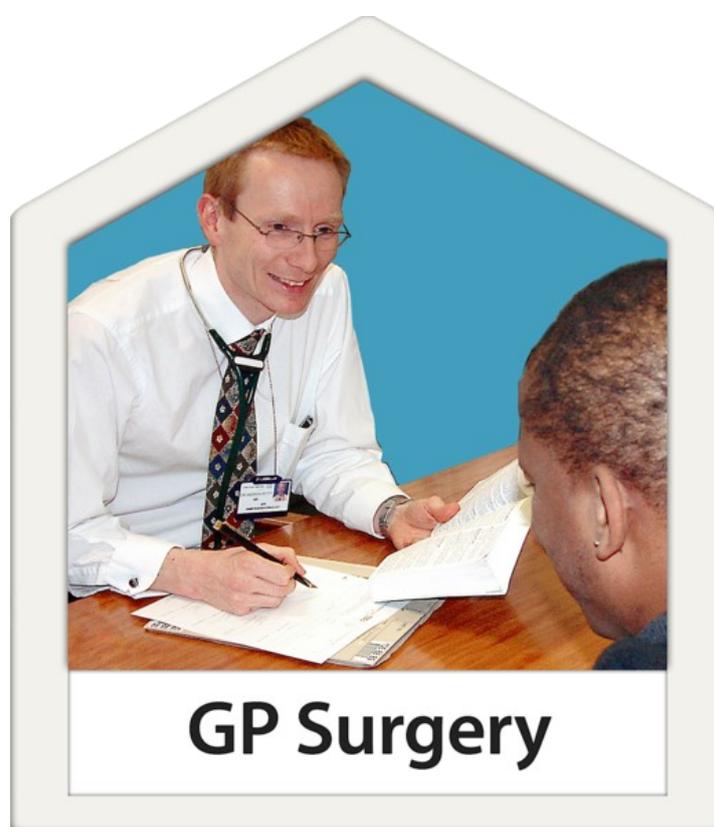


Having a Health Check



This leaflet tells you about
having a health check



A member of staff or a carer can support you to read this booklet. They will be able to answer any questions that you have.



Anyone aged 14 or over who is on the GP Learning disability register can have a free annual health check once a year.

You have a health check to find out if there are any problems.



By doing health checks staff can help pick up on any problems and do something to help.

The nurse or doctor at your GP surgery will give you the health check.



You will be asked questions about your health and your family's health.

Your carer and staff can help you to answer the questions.

The health check can take about 40 minutes.



The nurse or doctor will ask you how you feel and take your blood pressure.



The nurse or doctor will check your weight and your height.



You might be asked for a blood test.



You might be asked for a urine sample.

The nurse or doctor will ask you about:



Medication



Smoking



Alcohol



Healthy eating



Exercise



Looking after your teeth and going to the dentist



Having your eyes tested at the opticians



The nurse or doctor will write down the things you tell them about your health.



At the end of the health check the nurse or doctor might ask you to come and see them again or arrange for you to see other people about your health.



Information from your health check could be added to your health action plan.

If you do not have a health action plan this could help you to start one.



If there are no worries about your health you will have another health check in one years' time.

Reasonable adjustments

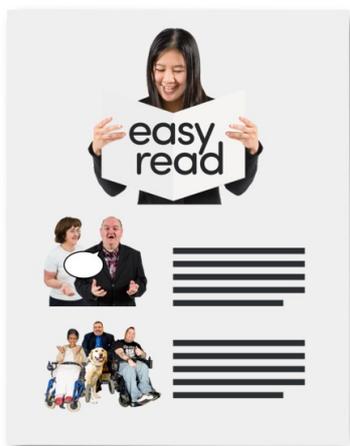


A reasonable adjustment is something your GP practice can do to make your health appointment better for you



For example

A longer appointment time
An appointment at the beginning or end of the day when it might be quieter.



Using pictures or simpler words.

Problems, complaints or suggestions



Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust has a complaints policy. We will give you a leaflet about how to make a complaint.

If you think that we could improve our service then please let a nurse know your idea.

Contact the team



Community Learning Disability Team

Newcastle – Tel: 0191 210 6868

Gateshead – Tel: 0191 478 0650

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Further information about the content, reference sources or production of this leaflet can be obtained from the Patient Information Centre. If you would like to tell us what you think about this leaflet please get in touch.

This information can be made available in a range of formats on request (eg Braille, audio, larger print, BSL or other languages). Please contact the Patient Information Centre Tel: 0191 246 7288

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