

## Do You support someone with a learning disability? (Parents, paid carers, family/friends)

Due to all the pressures and limited face to face contact, last year lots of people didn't have their Learning Disability Annual Health Check.

Please can you check the date of their last annual health check and contact their Surgery to get booked in if it has been longer than a year since their last one.

We now have a [NEW Health Check Prep Form](#) – The surgery may ask for this before the appointment to help them make sure they focus the appointment time on the important issues. Even if they don't ask for it, this is good for you to complete so YOU and the PERSON YOU SUPPORT can plan what is important to talk about at the appointment.

Everyone should get a Health Check Action Plan at the end of an annual health check. If the person you support doesn't get one, then ASK.

On it, EVERYONE should have, as one of the actions, for them to use the [STAY HEALTHY at HOME checklist](#). This has important links and information about things to look out for at home to avoid delays in diagnosis. Even if it isn't given by the GP ... please use it!

Remember some Illnesses HIDE – Annual Health Checks Help – So Don't let the person you support miss out.

If you can't follow the links in this leaflet to download the *Prep form* and *Stay healthy at Home checklist*. They are available in the *Help from Your Doctors Surgery* section on the website

[www.hertfordshire.gov.uk/ldmyhealth](http://www.hertfordshire.gov.uk/ldmyhealth)

