

# Annual Health Checks

Resource Pack for Delivering  
Health Care to People with  
a Learning Disability



# Contents

Introduction 3

---

Useful Contacts 4

---



## Introduction

**The pack includes the following standardised easy read documents:**

### 1. Invitation to Book your Annual Health Check

Use this to invite people with a learning disability to book their Annual Health Check.

### 2. Your Annual Health Check Appointment

Use this letter to give people the details of their appointment. It is important to find out whether or not the person will need any reasonable adjustments when they come for their appointment.

### 3. Annual Health Check Checklist

With the appointment letter, health providers should send out the Annual Health Check Checklist. This is for people with a learning disability (with support if they need it) to fill in prior to their appointment so they are fully prepared for the appointment.

### 4. Health Action Plan

During the Annual Health Check, the health provider should write an easy read Health Action Plan for the person with a learning disability to take home with them. The patient should also be reminded that they can make a doctor's appointment at any time if they are ill or worried about their health.

This process will help to ensure that people with a learning disability and their families/carers can:

- Understand the importance and purpose of the Annual Health Check.
- Make an informed decision about whether they want to have an Annual Health Check.
- Prepare for their Annual Health Check and therefore get the most out of it.
- Understand how to look after their health or the health of the person they care for.

This pack was developed by Learning Disability Wales using Photosymbols on behalf of Improvement Cymru.

This is a useful link to easy read resources on health and wellbeing <https://111.wales.nhs.uk/easyreads/>

These resources can be printed out and given to people with a learning disability and/or their carers, family members, support staff or advocates. The resources will help people with a learning disability learn and understand about a particular health condition.

**For more information or to suggest a resource to be added to the pack please contact Improvement Cymru:**

**Paula Phillips**

Senior Improvement Manager

Learning Disability Improvement Cymru

Public Health Wales

[Paula.Phillips4@wales.nhs.uk](mailto:Paula.Phillips4@wales.nhs.uk)

07557609965

## Useful Contacts

### All Wales Forum of Parents and Carers

Website: [www.allwalesforum.org.uk](http://www.allwalesforum.org.uk)

Phone: 029 2081 1120

### All Wales People First

Website: [www.allwalespeople1st.co.uk](http://www.allwalespeople1st.co.uk)

E-mail: [admin@allwalespeople1st.co.uk](mailto:admin@allwalespeople1st.co.uk)

### Change (England)

Website: [www.changepeople.org](http://www.changepeople.org)

### Down Syndrome Association in Wales

Website: [www.downs-syndrome.org.uk/wales/](http://www.downs-syndrome.org.uk/wales/)

E-mail: [wales@downs-syndrome.org.uk](mailto:wales@downs-syndrome.org.uk)

Phone: 0333 1212 300

### Easy Health (England)

Website: [www.easyhealth.org.uk](http://www.easyhealth.org.uk)

### Inspired Services (England)

Website: [www.inspiredservices.org.uk](http://www.inspiredservices.org.uk)

### Learning Disability Wales

Website: [www.ldw.org.uk](http://www.ldw.org.uk)

Email: [enquiries@ldw.org.uk](mailto:enquiries@ldw.org.uk)

Phone: 029 20681160

### Mencap Cymru

Website: [www.wales.mencap.org.uk](http://www.wales.mencap.org.uk)

Phone: 0808 8000 300

### NHS Direct Wales Easy Read Pages

Website: [www.nhsdirect.wales.nhs.uk/easyreads](http://www.nhsdirect.wales.nhs.uk/easyreads)

E-mail: [ppi.team@wales.nhs.uk](mailto:ppi.team@wales.nhs.uk)

### Photosymbols (England)

Website: [www.photosymbols.com](http://www.photosymbols.com)

### Public Health Wales

Website: [www.phw.nhs.wales](http://www.phw.nhs.wales)

Email: [general.enquiries@wales.nhs.uk](mailto:general.enquiries@wales.nhs.uk)

Phone: 029 2022 7744

### RCGP Health Checks Toolkit (England)

Website: [www.rcgp.org.uk/clinical-and-research/resources/toolkits/health-check-toolkit](http://www.rcgp.org.uk/clinical-and-research/resources/toolkits/health-check-toolkit)

### Screening for Life Wales

Website: [phw.nhs.wales/services-and-teams/screening](http://phw.nhs.wales/services-and-teams/screening)

### Welsh Ambulance Service Learning Disabilities Zone

Website: [www.ambulance.wales.nhs.uk/en/283](http://www.ambulance.wales.nhs.uk/en/283)