



Autism
Independence

If you have a **learning disability** you can get a free **annual health check.**



What is an annual health check?



Annual health checks are for people with a learning disability.



All people over 14 with a learning disability can get a health check.



An annual health check needs to be booked at your GP surgery once a year.



It is there to help you stay healthy.

Get on the **learning disability register**.



To get an annual health check, join the learning disability register



Ask your GP surgery to add you to the learning disability register

Why is it **good to have** an annual health check?



You can talk to your doctor about anything you are worried about.



You can get ideas about how to be more healthy.



You can get to know your doctor better.



If anything is wrong the doctor can sort it out before it gets worse.

What happens at an annual health check?

A doctor or nurse from your surgery may:



Check things about your body, like your heart and blood pressure.



Check your blood and your wee.



Ask about any medicines you are taking.



Ask about how you are feeling.



Ask about the food you eat.

Top tips for your annual health check



You can bring someone with you if you like.



Take your time.



Ask the doctor to explain anything you do not understand.



You can say no if there is anything you do not want to do.



Tell the doctor how you really feel. It will help them to help you.



Your doctor is there to help you, so you do not need to feel worried.

Health **action plans**



Ask your doctor to give you a health action plan



... like sleeping enough or talking to someone when you feel worried.



A health action plan is written by you and your doctor.



It says how you will get the support you need with your health...



Your health action plan tells you the things you need to do to be healthy...



... like how your doctor can make appointments easy to understand.

Autism Independence supports people with a learning disability and autistic people and their families. We have a focus on ethnic minorities.

We have teamed up with local GP services to help people with a learning disability, with and without autism, to attend their annual health check.

Find out more at autism-independence.org, email hello@autism-independence.org or telephone: **07354 486 322**.

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