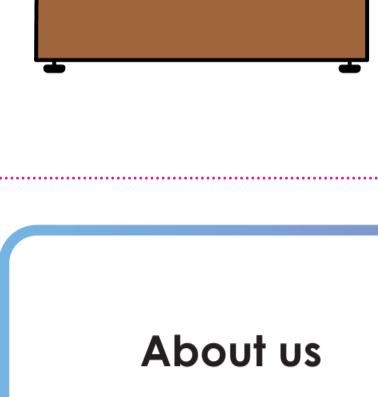


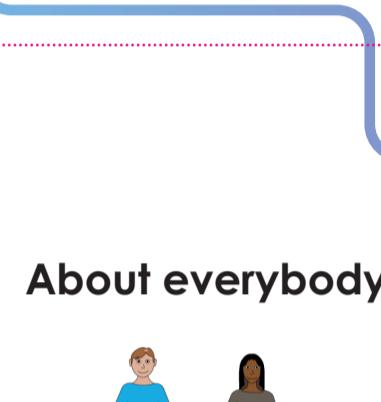
# Principles for Mending the Gaps in Annual Health Checks for people with learning disabilities in Somerset

## 1 to 1 meeting

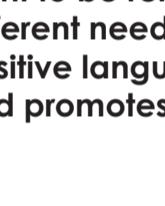


These principles or ideas, are for people with learning disabilities and those supporting them with having Annual Health Checks

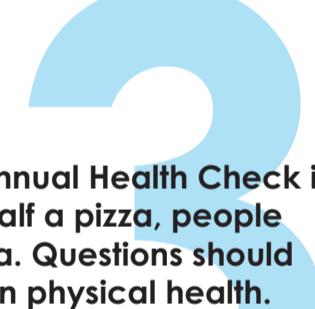
### About us



These ideas are for all people with learning disabilities including those with autism and Down's syndrome.

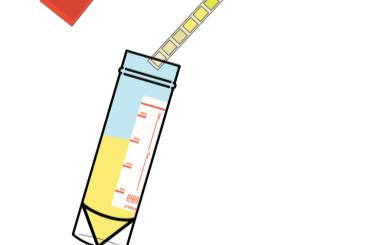


### About everybody



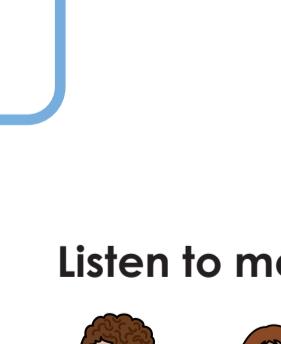
People with learning disabilities don't want to be referred to as having different needs to 'other' people. Use positive language that is inclusive and promotes equality.

### Important to me

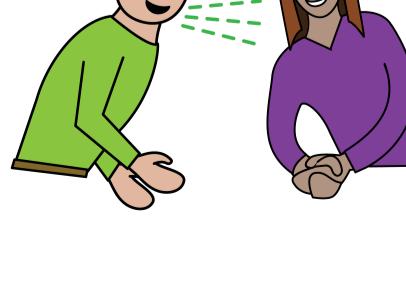


Going for an Annual Health Check is like going for half a pizza, people want a full pizza. Questions should not just focus on physical health. Annual Health Checks should be about the whole person and include mental health.

### Urine sample test

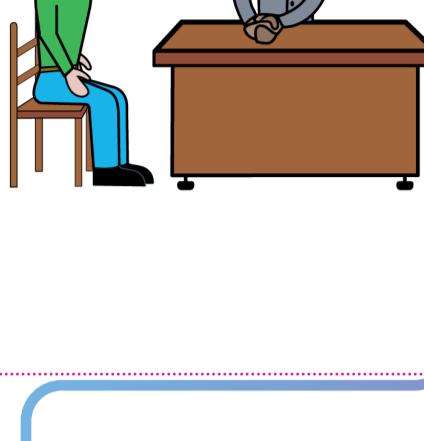


Don't take the pee! Don't ask people to provide urine samples and other results if they are not collected. It wastes people's time.



Some people with learning disabilities can talk about the health issues that are important to them. Some people may find it more difficult to talk about their health and need support.

## Talking and listening



Annual Health Checks should be carried out face to face with pictures to support them. They should be online if it's not possible to attend the surgery. They should never be over the telephone.

## Help writing your plan



Where possible, people should be involved in agreeing their Annual Health Plan. It should be written down and based on health priorities they need to manage.

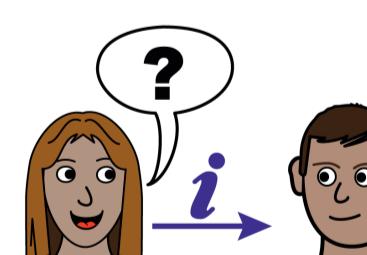
## Waiting list

waiting list	
	_____
	_____
	_____
	_____
	_____
	_____



If possible, arrange with the person where and when it's best for them to have their appointment and use number systems. It's good to know where you are in the queue.

## Easy read



Support providers and GPs need to make sure everyone has access to easy read information about how Annual Health Checks work. There should be easy read information about physical and mental health conditions, and support.



These principles have been produced by people with learning disabilities in Somerset with The Open University. They used an approach called Mend The Gap. For more information about this, contact: Helen Casey, [helen.casey@open.ac.uk](mailto:helen.casey@open.ac.uk)

There may not be time to discuss all health needs, but the GP or nurse could help with signposting or referrals, such as mental health and well-being, and sexual health guidance.

More information and help on supporting people with annual health checks can be found on the Registered Care Providers Association website: [www.rcpa.org.uk](http://www.rcpa.org.uk)

Acknowledgements to 'easy on the i'  
[www.learningdisabilityservice-leeds.nhs.uk/easy-on-the-i/image-bank/](http://www.learningdisabilityservice-leeds.nhs.uk/easy-on-the-i/image-bank/)