

Name:  
Date:

Annual Health Check Checklist - page 1  
Make sure the doctor or nurse talk about all of these and



Important  
**Injections** you  
might need



Things you might  
be **Allergic** to



How you like to be  
**communicated** with



Any changes to  
your **mobility**



Your **height** and  
**weight** and any  
health risks



Your **blood  
pressure** (BP) and  
Pulse to check your  
heart



What foods you  
eat and any health  
risks in your **diet**



What **Exercise** you  
do and ways to get  
fitter



Whether you  
**Smoke, drink  
alcohol** or take  
**drugs** and ways to  
help stop



The free **Flu  
vaccine** and how you  
can have nose spray if  
you can't ever allow  
injections



Talk about safe  
**sex** and about  
Sexual Health and  
periods



Talk about what is  
**healthy Bowels**  
(poo) and **Bowel  
screening**



For women -talk  
about **checking  
Breast** for lumps  
and about having  
**Cervical screening**



For Men - do you  
know about  
**checking Testicles**  
for lumps



Whether you  
**Eyesight** has  
changed.





# Annual Health Check Checklist page 2



Make sure the doctor or nurse talk about all of these and

Whether you think your **Hearing** might have got worse



Your **Teeth**, and dentist and the health risks from having bad teeth and gums



Listen to your **Chest** and ask about whether you have been coughing



Talk about your **Swallowing** - Do you cough when you eat or find it hard to swallow?



Has your **Bladder (weeing)** changed - do you go more often or is it smelly or a dark colour?



If you have **Epilepsy** talk about how many seizures you get and how often



Check your **heart and lungs**  
**AAA screening**



See if you are at risk of **diabetes** or check your diabetes if you already have it  
**Diabetic eye screening**



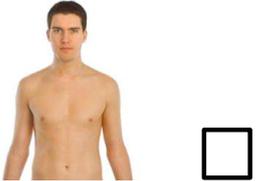
Check your **Muscles and Skeleton (bones)** because they can get weak as we get older



How you look after your **Feet** and cut your toe nails?



Talk about and check **Skin** for sores and moles



Talk about what you do and about your **thoughts and feelings** to check your wellbeing



See if you are at risk of getting **Dementia** and whether you need an assessment



Look at your **Medication** and see if it should be reviewed (STOMP LD)



At the end have you been given an **Annual Health Check action plan**



## How To use the Annual Health Check checklist



The checklist has most of the things the Doctor or Nurse should talk to you about at your Learning Disability Annual Health Check.



Before you go to your Annual Health Check ask someone who supports you to help you fill out the annual health check preparation form. This will help your Doctors to see if there are health needs you have that have not been spotted before.



Remember, some illnesses hide so it is important to Check it out. The Check it Out symbol on the checklist means that you might be asked to go to a screening test to make sure you don't have illnesses hiding.



Before you go to your Annual Health Check look at all the boxes on the checklist and highlight anything you want to talk to the Doctor or Nurse about. If you need to write some notes to help you remember what you want to ask, then take these notes with you too.



Take the checklist and your notes to the Annual Health Check and tick each section off to make sure all the important things are talked about.



At the end you should be given a Annual health check Action Plan. This will say all the things that the Doctors need to do, all the things that you and the person who supports you need to do and the things that you can ask the Community Learning Disability Nurses to help with.



If you want to talk to someone about Annual Health Checks, then your GP Surgery has a learning disability link nurse who can help.

Ask the surgery for the learning disability link nurse information. This can be found at [www.hertfordshire.gov.uk/ldmyhealth](http://www.hertfordshire.gov.uk/ldmyhealth)