

This is a short report about Annual Health Checks.



Healthwatch County Durham looked at how many people with a learning disability had an Annual Health Check.



An annual health check is when you go to your local doctors surgery once a year to make sure you are ok.



At the health check a doctor or nurse will check things like:

- Your blood pressure.



- Your weight and how to help you stay healthy.



- Your medication.



- How you are feeling.

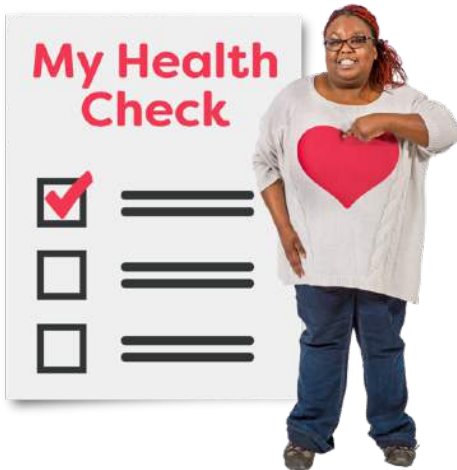


Lots of people with a learning disability are not having their annual health check.



We wanted to find out:

- what might stop people from having an annual health check.



- how we can get more people to have an annual health check.



We wrote a report and put in some ideas.



To Do

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The ideas say how doctors surgeries can try to get more people with a learning disability to have an annual health check.

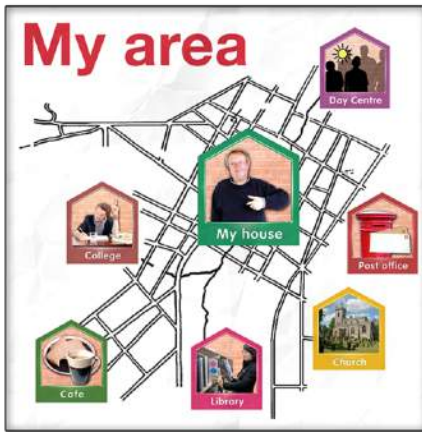
Our ideas



- Doctors surgeries should contact people to offer an annual health check.



If they send a letter it should be easy read.



- Some people do not like going to the doctors surgery. Health checks could be done in community centres.



- Having health checks at a coffee morning might be a good idea.
You could see the doctor or nurse in a private room.



- Having annual health checks at a doctors surgery and at community centres might mean more people will have one.