



# All you need to know about going to your learning disability health check



This is an easy read handout to go along with  
the learning disability health check workshop



In partnership with



**Norfolk and Waveney**  
Clinical Commissioning Group



# What is a health check?



A health check is when a Doctor or Nurse looks at your physical health.



Doctors might ask you for a wee sample.



The Doctor will talk about any health concerns you have, how you are feeling and ask if your medication is going well.



The Doctor will check your blood pressure, weight and height.

# Why is it important to have a health check?



A health check helps keep you feeling well and happy.



This means checking that your body is working well and is healthy.



This helps them work out what they can do to help you live longer and without pain.

# What to take to your health check



Your Doctor may ask you to take a we sample with you.

They will send you a sample pot.



Your pre health check questionnaire and health action plan or book if you have one.



Take a person that you can trust if you feel you would like support.



Take your bus pass and phone - make sure your phone is charged and has credit.

# Top tips to stay relaxed in the waiting room



Check with reception you are booked in. You can ask if there is a wait for your appointment.



Choose a space in the waiting area that you feel comfortable in.



Take something that you can use if you feel anxious like a fidget toy.



Take some colouring or a puzzle book to do.



Do some breathing exercises - we will watch a video and share a mindfulness exercise.



Take a book or magazine to read.



Play a game on your phone.  
Make sure you have your phone on silent.



If you still feel stressed, tell reception that you need to get some fresh air for 5 minutes.



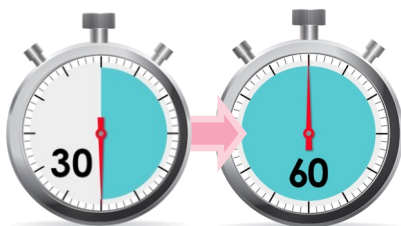
# Top tips about your health check



Check the time and date on your appointment letter.



Put the date on your phone or calendar or set a reminder on Alexa or Google Home.



Your appointment should be about 30 - 60 minutes long.



You will be seen by a Nurse or Doctor or both at the same time.





Be honest and speak freely about anything that is worrying you.



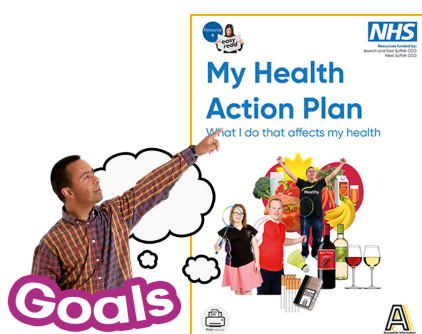
You can take a supporter or someone with you to your health check.  
They can take notes for you.



Even if you feel well it is still important to go to your health check.



If it helps take communication cards with you to tell the Doctor how you are feeling.



You will be given a health action plan which the Nurse will fill out with you. It will tell you about your health goals for the year.



# Notes



# Notes



# Useful numbers for more information

## Stephanie

Learning Disability  
Health Check Nurse



**01603  
257092**

## If you need advocacy support



**01603  
631433**

**Opening Doors**

## If you are ill and need support



## Health complaints advocacy

**POhWER**  
advocacy, making your voice heard



**0300  
4562  
370**

**healthwatch**



**0808  
168  
9669**



## Complaints Team



Great Yarmouth and Waveney  
North Norfolk, South Norfolk  
Norwich, West Norfolk

Clinical Commissioning Groups



**01603  
595857**