



Kirklees Annual Health Check Support Checklist

This list has been made by local people with a learning disability to help providers prepare people for their Annual Health Check (AHC). During COVID, people should still be having their health check, we have a full range of AHC documents which can be found on the staying healthy section of the kirklees.gov.uk website:

kirklees.gov.uk/beta/learning-disabilities/staying-healthy

Make sure that the staff supporting someone to plan and attend their Annual Health Check:



1. knows the person having the health check, including their preferred communication style



2. make sure any existing Health Action Plans are up to date and that the person to be supported knows what's in them



3. make sure that support staff take the time to talk to the person with the person being supported, and ask them if they have anything if they are worried about, or any questions about their health.



4. make sure that staff check if people are up to date with their screening, talk about what screening means and what it is for, and what ages you have it. Cervical, Breast, AAA, Bowel



5. make sure that support staff help the person having the check-up to think of questions they want to ask.



6. make sure that support staff advise the person being supported of the most appropriate kind of clothes to wear?



7. make sure all pre-check questions have been answered.



8. talk about reasonable adjustments does the person know they have the right can ask for them and what kind of adjustments they can ask for. E.g. longer appointment, separate waiting space.



9. make sure that the Support worker takes you to the surgery prior to your health check if you feel that this would help you.



10. Encourage the medical professional to address the person having the health check, not the support staff.

11. After the annual health check staff need to talk to the person to help them understand any health issues that came up in their check. They can write a health action plan together, and make sure everyone who supports that person understands any changes.

Resources:

For further information about staying healthy in Kirklees please visit the staying healthy section of the kirklees.gov.uk website: www.kirklees.gov.uk/beta/learning-disabilities/staying-healthy

For more information on any of the health conditions please visit the easy health website: www.easyhealth.org.uk

If you have any difficulty getting the information online and would like a copy of this document printing out please contact:

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