**Specialist Services Division**

Community Learning Disability Health Service

Learning Disability Annual Health Check considerations and previously suggested ideas:

*(How to increase Annual Health Checks and meet the target of 75%?)*

* Contact patients by phone – explain the importance of a health check, even when the person is well
* Offer face to face appointments as these are generally preferred
* Offer the patient an easy read invite (including a photo of clinician(s) they will see)



* Ask the patient if they need an appointment reminder, when (day before or on the day) and what format (text message, email, phone call)
* Ensure you understand what reasonable adjustments the patient requires- keep a record of these / place an alert on patient’s notes
* Consider home visits where appropriate
* Set aside allocated time for Annual Health Checks- ½ day or day a week/ month as required
* Offer weekend or evening clinics
* Remind your patients that they can bring someone to the appointment with them
* Encourage patients to prepare for their health check by completing a pre-health check questionnaire

(See a template under the AHC section: [Information for Primary Care staff :: Southern Health NHS Foundation Trust](https://www.southernhealth.nhs.uk/our-services/learning-disability-services/useful-information/information-gps-and-primary-care-staff))

* Have Health Check Checklist ready (printed) so patients can tick off topics discussed (This may help them take control over their appointment)



* Use Ardens Annual Health Check template for ease (ensure each patient is provided with a Health Check Action Plan: [Learning Disabilities : Ardens](https://support.ardens.org.uk/support/solutions/articles/31000147192-learning-disabilities))
* If preferred, use below Health Check Action Plan template (keep a copy on file and one copy needs to be given to the patient)



Remember to offer Annual Health Checks to those 14-17 years old

* If refused – explain the importance of the health check (importance to review person’s health but also get to know clinicians, environment, attend appointment when well)
* For young people and parents who are not familiar with Learning Disability Registers, Annual Health Checks and similar, please share below leaflet



Next year planning: It may be helpful to plan the delivery of Annual health Checks from April 2023 and avoid for the majority of health checks to be completed in Q4.

**Learning Disability Annual Health Check training for Primary care staff offer (Hampshire and Southampton) currently as below:**

*(Sessions are FREE and held virtually)*



*Initial (Full) session:*

* 2nd February 2023 @ 13:00-14:30 (with Amy)
* 15th February 2023 @ 10:30-12:00 (with Marta)

*Update session:*

* 3rd March 2023 @ 10:00-11:30 (with Marta)

To book on please email [amy.george@southernhealth.nhs.uk](mailto:amy.george@southernhealth.nhs.uk) or [marta.coates@southernhealth.nhs.uk](mailto:marta.coates@southernhealth.nhs.uk)

Advice, support or training can be sought from your local Strategic Health Facilitator:

[Health Facilitation :: Southern Health NHS Foundation Trust](https://www.southernhealth.nhs.uk/our-services/learning-disability-services/381/health-facilitation)