

Looking after your young person's health into Adulthood

Parents - Did you know?

GPs offer Annual Health Checks (AHC) for Young People with Learning Disabilities (LD) aged 14 yrs and above.

Your child may already receive care from Paediatricians or Specialist Nurses but it is important for your GP to get to know your child to support their health needs and make sure the transition from children's to adult services is a smooth one.

How to get a yearly health check?

You will need to make sure that your young person is on your General Practitioner's (GP's) learning disability register. Check at your GP practice.

What happens in an annual health check?

https://www.mencap.org.uk/sites/default/files/2016-06/Annual_health_checks_Easy_Read_1.pdf

The check will also give your young person the opportunity to talk about things that may be worrying them. They can also talk about services and things that might improve their health.

The NHS link below explains the **importance of having an AHC with your GP**. It also has a link to the Mencap easy read document that explains the process.

[NHS England » Annual health checks](#)

The Mencap website contains lots of **useful information with easy read leaflets** in different languages and a video chatting about what happens in an Annual Health check.

<https://www.mencap.org.uk/advice-and-support/health/learning-disability-register>

Watch this great **animated video about annual health checks**, produced by Norfolk and Waveney

www.justonenorfolk.nhs.uk/childhood-development-additional-needs/additional-needs/14plus-health-check

'Contact a family' have very informative FAQs section and a **FACT sheet for parents**.

https://contact.org.uk/wp-content/uploads/2021/03/annual_health_checks_parents.pdf