

# GP Learning Disability Registers and Annual Health Checks for Children and Young People with a Learning Disability



## Frequently Asked Questions for Parents and Carers

## **What is a Learning Disability?**

The official definition of learning disability is someone who has all of the following:

- ⇒ A significantly reduced ability to understand new or complex information, to learn new skills (impaired intelligence), with
- ⇒ A reduced ability to cope independently (impaired social functioning)
- ⇒ Which started before adulthood (under the age of 18), with a lasting effect on development.

## **What is a GP Learning Disability Register?**

- ⇒ They're a record of all the people registered with the GP practice that have a learning disability
- ⇒ You can be added to the Learning Disability Register at any age and from the age of 14 you will be offered an annual health check by your GP surgery.

## By being on the LD register your child will get:

- ⇒ Annual Health Check from the age of 14 upwards together with a Health Action Plan
- ⇒ Annual NHS flu vaccination
- ⇒ NHS Covid-19 vaccinations/boosters
- ⇒ If you are their main carer, you can also be registered as a carer in order to make sure that you can support them to attend appointments



## What is an Annual Health Check?

It's a yearly check-up from the age of 14. It's a good way of helping your child to stay healthy. Having this health check can help identify if there are any health problems your child needs help with.



The health check will include:

- ⇒ A general physical check which may include weight, heart rate, blood pressure and taking blood and urine samples. (Do not worry if any of these are not possible)
- ⇒ Time to talk about any health concerns
- ⇒ Check any existing health problems such as asthma or diabetes
- ⇒ Discuss any other health appointments
- ⇒ Talk about the support you are getting
- ⇒ Discuss transition planning
- ⇒ Discuss how to stay healthy and offer general healthy living advice where appropriate
- ⇒ Discuss and agree the Health Action Plan

## Why is an Annual Health Check important?

- ⇒ Illnesses and infections can be hard to identify if your child has a learning disability as they are not always able to express their ill health/pain, which can lead to more difficulties if they are not well known to their GP. An annual health check means your child is more likely to get timely, targeted additional support to stay healthy.
- ⇒ It's an opportunity to get to know the GP / your GP surgery and build a relationship with them particular when your child is approaching transition into adulthood.
- ⇒ If your child is known to a paediatrician or other specialist support in can be tempting to go straight to them when your child is unwell. Child services will eventually cease, so an annual health check will be important to pick up any medical issues.

## **Before the Annual Health Check**

You may be asked to fill out a 'pre health check questionnaire'. Please also let you GP surgery know about any reasonable adjustments (for example a longer appointment time) you may need in place prior to your child or young person's visit to the surgery.

## **Further Support**

If you need support getting your child on the GP Learning Disability register then you can contact your GP or you can speak The Learning Disability Liaison Team who can also help and support with reasonable adjustments and desensitisation. To find out more please contact:

Email: [liaison.nursesld@nsft.nhs.uk](mailto:liaison.nursesld@nsft.nhs.uk)

Phone: 01284 733300

# Further Support

[Suffolk InfoLink | Health Check Campaign 14 - 25 years](#)

[Learning disabilities - Annual health checks - NHS \(www.nhs.uk\)](http://www.nhs.uk)



**DON'T MISS OUT!**

Do you have a learning disability?

Are you 14 years old or over?



**Get registered on your GP surgery's Learning Disability Register!**



**Get invited and attend your free annual health check once a year!**



**Get your health action plan!**



For more **information** talk to your **GP surgery** or contact the liaison nurses:  
Email: [liaison.nursesLD@nsft.nhs.uk](mailto:liaison.nursesLD@nsft.nhs.uk)  
Telephone: 01284 733300