

More Information

For more information on health checks please contact your specialist learning disability service. The contact details are below.

Wirral—The Stein Centre

Address: Derby Road Birkenhead CH42 0LQ

Tel: 0300 303 3157

Cheshire West —Eastway

Address: Countess of Chester Health Park, Liverpool Road, Chester CH2 1BQ

Tel: 01244 397 222

Cheshire West (Vale Royal) - Wyvern House

Address: Wyvern House, The Drummer, Winsford CW7 1AH

Tel: 01606 288850

Cheshire East (South Cheshire) - Stalbridge Road Clinic

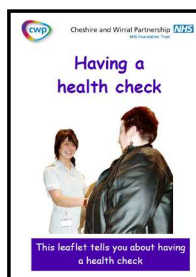
Address: 54 Stalbridge Road, Crewe, Cheshire CW2 7LP

Tel: 01270 656 335

Cheshire East - Rosemount Lodge

Address: Chester Road, Macclesfield, Cheshire, SK11 8QA

Tel: 01625 509 013



There is also an easy read version of this leaflet available for service users 'Having a Health Check' and you can ask for a copy from your GP practice or from any of the learning disability services listed above.

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Do you care for someone with a learning disability aged 14+



Have you heard about the learning disability health check?

This leaflet tells you all about the health checks

What is the health check?

It has been identified that people with a learning disability benefit from having routine health checks to try to keep them healthy.

The health check is a country wide service and is offered yearly, to all people with a learning disability aged 14 years old and over.

The health check is a full health check, including family history of heart disease, cancer, diabetes and high blood pressure.

How can I get a health check for the person I care for?

You can ask at your GP reception about having a health check. Your GP practice will write to you or phone you to arrange an appointment or you can make an appointment with the receptionist.

If the person you care for struggles to come to the GP practice, please let your GP practice know. They will contact your local learning disability service, who may be able to help you.

What will happen at the health check?

A nurse or doctor at your GP practice will carry out the health check.

The health check will take around 40 minutes.

They will ask you and the person you care for if you have any concerns or worries around their health at the moment.

The nurse or doctor may take their blood pressure, their height and weight and they will ask about diet and exercise.



Is there anything I need to bring with me?

You will be asked to bring a list of all medication that the person you care for is currently taking.



You will be asked to bring their health action plan, if they have one.

You will be asked to bring a urine sample. You can get a sample bottle from your GP practice.

What will happen after the health check?

At the end of the health check the nurse or doctor will talk to you about the results from the health check and give you a written health action plan.

The nurse or doctor might ask you to make a further appointment at the GP practice or they may arrange for you to see other health professionals.

If there are no concerns raised within the health check they will ask you to make another appointment in a years time.

