

Health Checks for People with Learning Disabilities



Having a health check every year can help find health problems, so people can be given the right help.



Health checks are for people with learning disabilities who are known to family doctors and social services.



Now young people can have health checks when they are 14 years old or more.



You can ask for a health check.

Your school or your family doctor might suggest a health check.



Having a health check is a good time to talk about things that change as you grow up.



After your health check you can have a health action plan.

The plan will say what has been agreed to help you with your health.