



# Don't miss out

## Get better healthcare now

**Easy  
Read**

Mencap is grateful for the support of colleagues at NHS England in the production of this guide.

# Don't miss out

## Get better healthcare



Going to the doctor is not always easy.

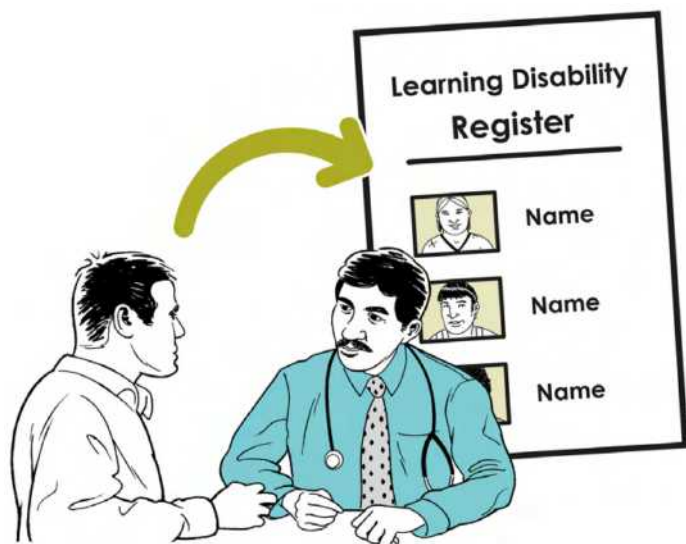


It can be difficult to book an appointment.



It can be difficult to understand what the doctor says.

## Tell your doctor you have a learning disability

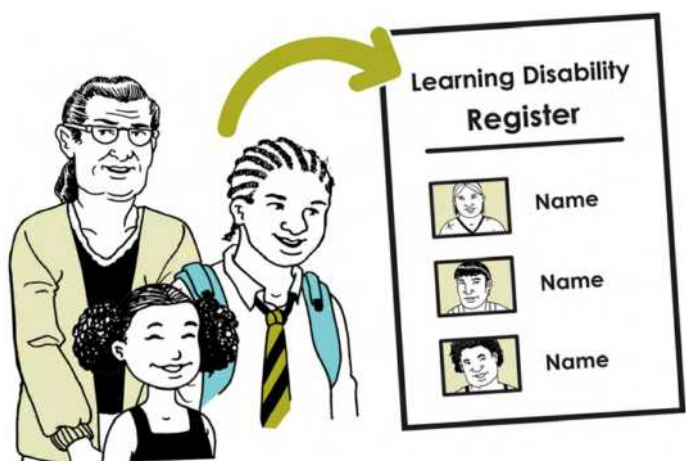


If you tell your doctor that you have a learning disability, you can get extra support.

The doctor can add your name to the learning disability register.



The register is a list of people with a learning disability who use the doctor's surgery.



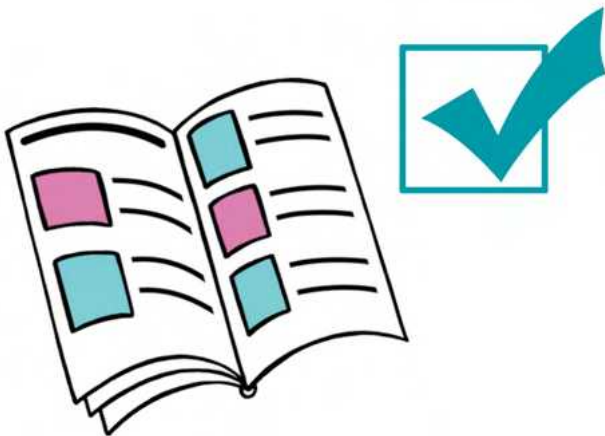
You can be any age to be on the register.



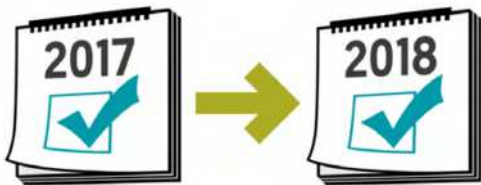


When you are on the register you can get extra support at the doctor, such as:

- longer appointments



- easy read information



- a health check every year (if you are age 14 or older)



You can tell the doctor what support you would like.

# How to get extra support



You need to talk to your doctor to join the register.

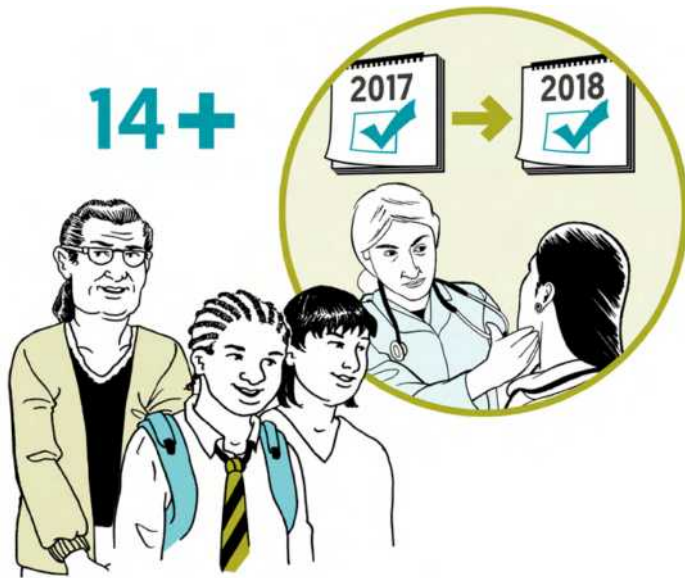


Go to the doctor's surgery and ask if you are on the learning disability register.



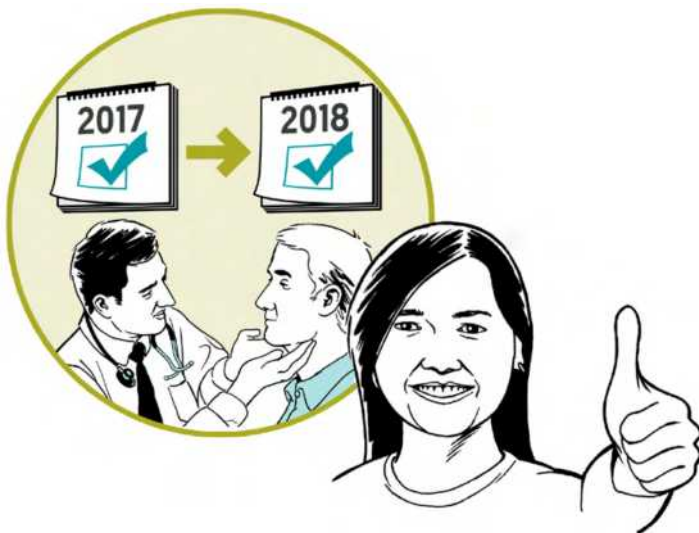
There is a letter from Mencap to help you speak to your doctor.

# Getting an Annual Health Check

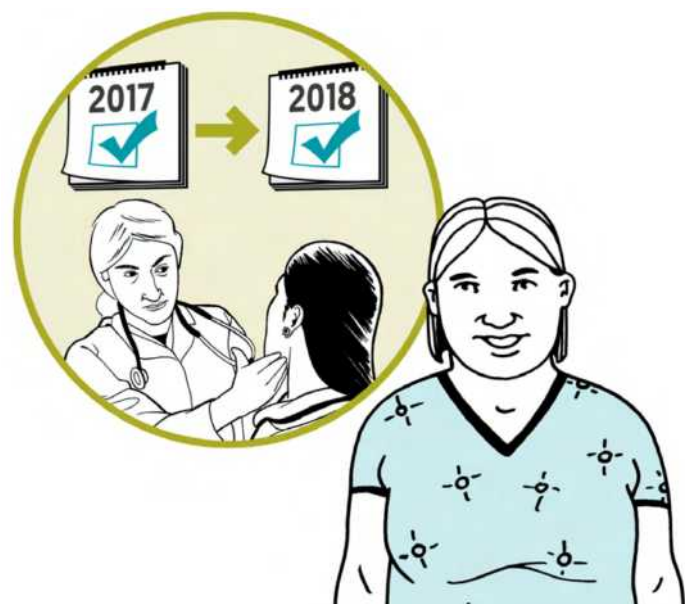


An Annual Health Check is done by your doctor once a year.

You can get an Annual Health Check if you are age 14 or older.



It can help you stay healthy.



To have an Annual Health Check you do not need to be ill.



You can ask your doctor about anything that is hurting or worrying you.



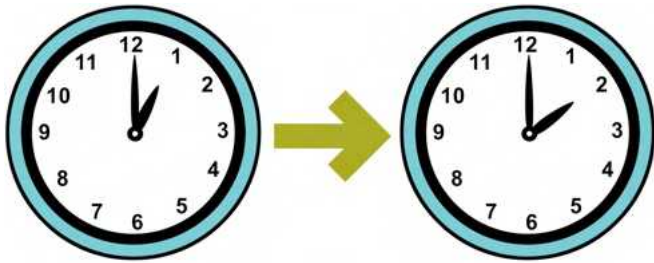
You can talk about what support you need.



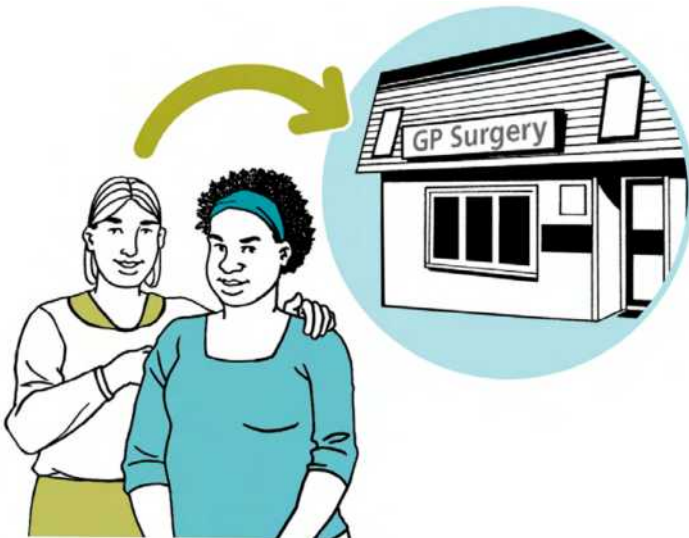
Getting an Annual Health Check is really important because it keeps you healthy and happy.



# What happens during an Annual Health Check?



An Annual Health Check normally lasts for one hour.



You can bring someone with you to support you if you like.

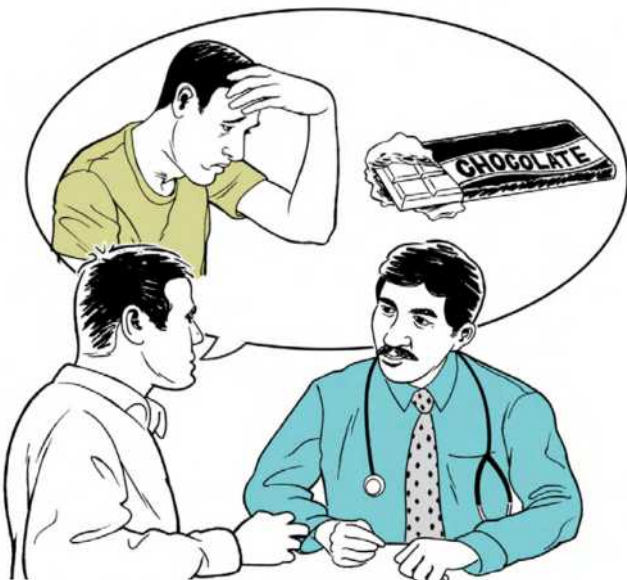


The doctor or nurse will check your body, for example your heart and your weight.





You can talk about medicines you take.



You can talk about your life, for example what you eat or how you feel.



Your doctor can give you more ideas about how to be more healthy. Like doing more exercise.

# Top tips for your Annual Health Check



Think about anything you want to ask the doctor.



Ask the doctor to explain anything you do not understand.



You will have time, you do not need to rush.



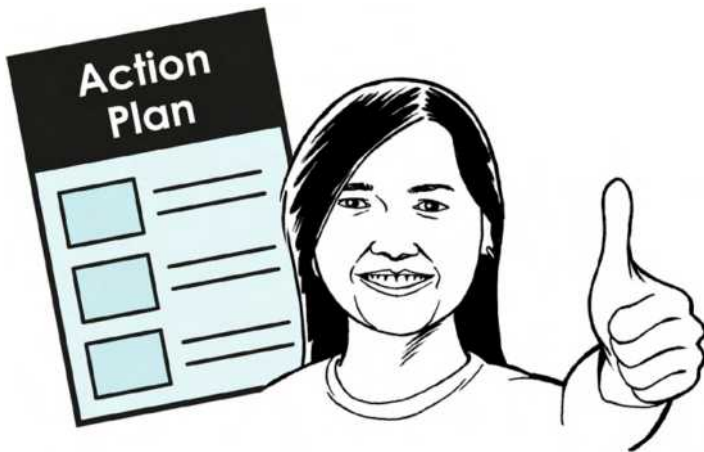
You do not have to say or do anything you do not want to.



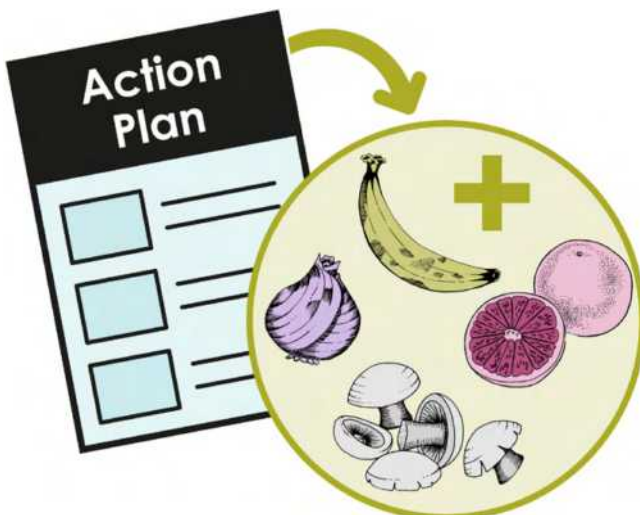
Your doctor is there to help you, so you do not need to feel worried.



Make sure your doctor gives you a health check action plan.



A health action plan has things you can do to keep healthy.



An example is trying to eat more fruit and vegetables.



## Tell the doctor more about you



When you visit the doctor, they save information about your health on the computer.

### Summary Care Record



This is called a Summary Care Record.



It is useful when you see a doctor or nurse who does not know you.



They can check your record to find out more about you.



You can ask the doctor to put more information on your Summary Care Record.

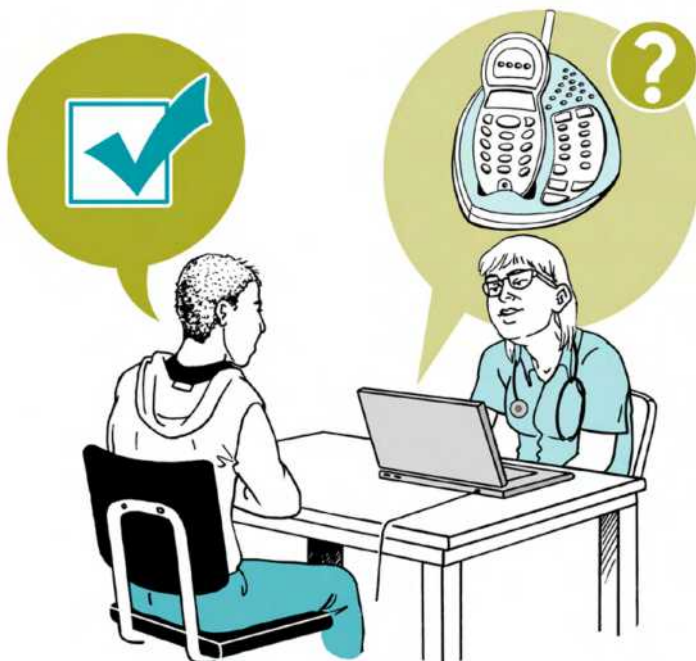


In your record, the doctor can write about:

- what extra support you would like



- who to speak to in an emergency, such as a parent or carer.



You have to agree to put extra information on your record.



Your doctor can show you what is on your record at the moment.





You can tell them what information you are happy to share.



Mencap has a letter you can use to help you.



It is important to do this because you may need to see a doctor or nurse who does not know you.



They can use your record to give you better care and not make a mistake.

**For more information  
please look at our website:**



**[www.mencap.org.uk/  
dontmissout](http://www.mencap.org.uk/dontmissout)**