

An initiative to improve awareness and increase engagement with annual health checks for people with learning disabilities



Fairer Health
For All

Greater
Manchester
Integrated Care
Partnership

Philippa Murphy, GP, Oldham

Project aim: To develop an initiative which will raise awareness of annual health checks and will contribute to increasing the numbers of people on the learning disability register and attending for annual health checks in Oldham.

Expected outcomes:

1. Increased awareness and understanding of annual health checks
2. Increased number of people on the learning disability register in Oldham
3. Increased number of people attending annual health checks in Oldham

LEARNING DISABILITIES

A Guide to Health Checks

- People with a learning disability can have poorer health than other people.
- They do not always know when they are ill or need to see a doctor.
- They may not be able to tell people that they feel unwell or different.
- An annual health check helps people stay well by finding out about any health problems early, so people get the right care.
- People should get a health check action plan after an annual health check to help them with any personal health issues.
- Having an annual health check can also help the person get to know their doctor and other staff.
- Annual health checks are for adults and young people aged 14 or over with a learning disability.

Findings so far ...



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Focus group with students at local college identified barriers to accessing annual health checks including:

- Lack of awareness
- Not being on the learning disability register so not being invited
- Apprehension about what will happen at the annual health check
- Need for reasonable adjustments

Review of data showed that in Oldham last year uptake of annual health checks was 67 % in 14-17 year olds and 79% in those 18+.

Review of key documents/policies supported my decision to target the younger population when rolling out the initiative to increase engagement.

- *Greater Manchester Learning Disability and Autism health inequalities workplan for 24/25* includes a plan for targeted work to increase those 14-25 on the learning disability register and having an annual health check.



GREATER
MANCHESTER
TRAINING HUB

Next steps ...

- Sessions will be delivered to people with learning disabilities across four local colleges and charities
- Sessions aim to provide attendees with the knowledge and confidence to seek and attend annual health checks
- Person with lived experience of accessing annual health checks will help to deliver some sessions
- At the end of each session attendees will receive:
 - 'Letter to my GP' template
 - Letter to parents/carers
 - Easy read information leaflet about annual health checks



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Letter to my GP template

Dear GP,

My name is

I am years old and I have a learning disability.

Please make sure I am on your learning disability register.


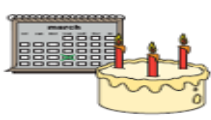



I would like to have my annual health check.

Please contact (me/my parents/carer) to arrange an appointment.

Below is some useful information about me.

Reasonable adjustments I will need when we meet include

Thank you.

	Name: <input type="text"/> I prefer: <input type="text"/>		Date of birth: <input type="text"/>
	Who is important to you? <input type="text"/>		
	Address: <input type="text"/> Telephone: <input type="text"/>		
	Email: <input type="text"/>		