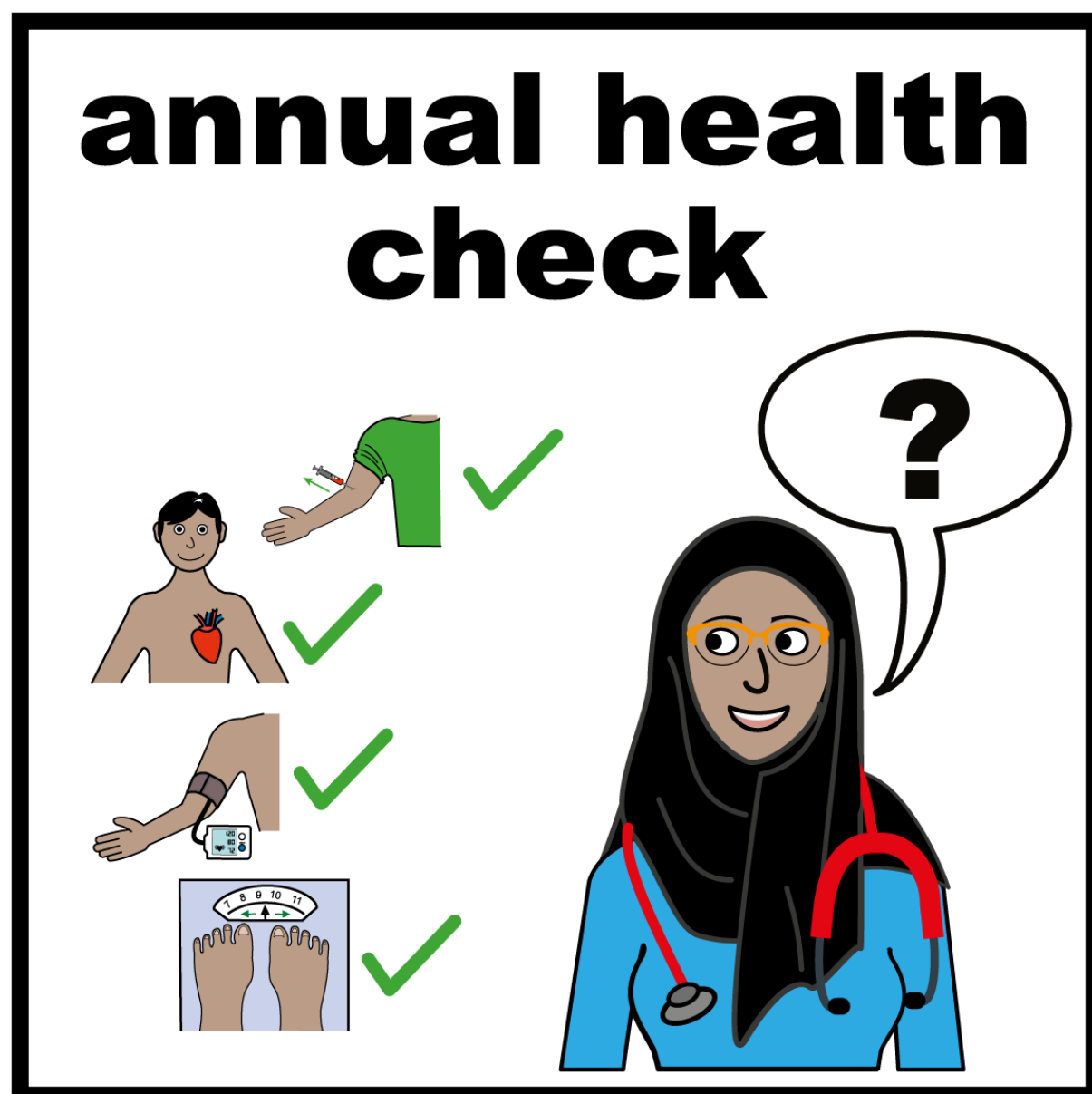


# GP Learning disability register and annual health checks for children and young adults with learning disabilities



# Fact Sheet for Parents and Carers

## GP Learning Disability Registers and annual health checks for children and young adults with learning disabilities

### What do we know already?



Children with learning disabilities can get all the usual childhood illnesses and infections. However, they can be very difficult to identify if it is the first time the GP has seen your child. If a child is known to a paediatrician (a Dr who works with children), some parents or carers will contact them when their child is ill rather than contacting their GP. When the child becomes 18, this specialist support will stop, and their care is handed over to their GP and the staff at the surgery.

**It is very important** for your child to know their GP and practice staff from an early age so they can build up a relationship.

**The Annual Health Check is an ideal opportunity for your GP and staff at the surgery to become involved in your child's care.**

It also means that if your child needs more support when they go to the doctors this can be put in place every time they have an appointment at the practice.

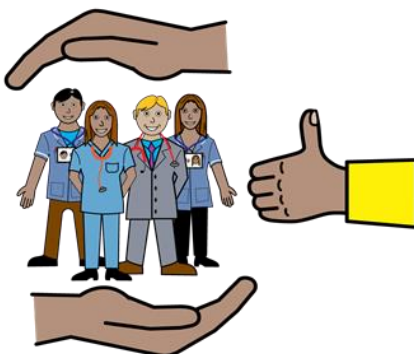
## GP Learning Disability Registers



Each GP practice has a learning disability register to record details about any patient who has a learning disability at the practice. This is a separate register to the councils “Register of Disabled Children” that local authorities must keep.

This register is used by practice staff to make sure extra support and help is given to children, young people and adults with a learning disability should they need it. Anyone with a learning disability can ask to go on it.

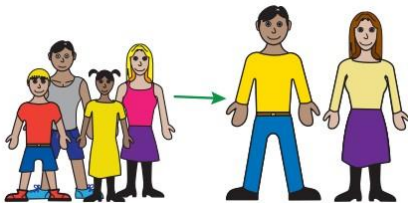
## What are the benefits of being on the register?



The benefits of being included on the register are:

- **an annual health check is offered to anyone with a learning disability, aged 14 or over.**
- **details about the person’s carers, which may be family members.**
- **GP’s and other health and care staff at the practice are more aware of the person’s needs. This is useful when a young person turns 18 and starts to receive health and care services from adult services rather than from children’s services.**

## Who should be on a GP Learning Disability Register?



Anyone with a learning disability can ask to go on it. If your child is aged under 16, you can ask for your child to be added. If they are over 16, they may need to ask for themselves.

If they are unable to make this decision for themselves, you can discuss this with their GP. A 'best interests' decision using the Mental Capacity Act (2005) may need to be made. The Act states that any decision made on behalf of a person must be done, or made, in that person's best interests and involves their parents or carer in the decision.

You can find more information online by searching Mental Capacity Act on the NHS website at [www.nhs.uk](http://www.nhs.uk).

The **Office of the Public Guardian** helps to support decision making for those who lack capacity.

You can contact the office by calling: **0300 456 0300**

More information can also be found on the Government's website and in the SEND code of practice document. Find it at: [www.gov.uk](http://www.gov.uk).

## How do I get my child on the register?

### phone your GP



A first step would be to have a conversation with your GP as not all children and young people who have a learning disability will have a specific diagnosis, even though they may have other disabilities.

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

- **a significantly reduced ability to understand new or complex information, or to learn new skills with**
- **a reduced ability to cope independently**
- **which started before the person was aged 18 and has a lasting effect on their development.**

## Benefits of having an annual health check

### body and mind healthy





- Your young person can build their confidence by going to the surgery and being more familiar with primary care staff.
- Identification of any previously undetected health needs or health conditions.
- Health needs are acted upon, for example, referrals to other health services.
- Staff can get to know the person better when they are well.
- Development of a health action plan – see below.


- Annual health checks can feed into the education, health and care plan reviews from Year 9 onwards and support preparing the person for adulthood.
- More information can be added to the Summary Care Record which can ‘flag’ your child or young person’s needs or reasonable adjustments so that all healthcare staff that care for them are aware.

## Summary care records

**Consent for Summary Care Record and additional information**

1.  Your Doctor will have your basic summary care record. It has information about your health, the medications which you take and any medications which might make you ill (allergic reactions).

2.  A doctor or nurse who doesn't know you very well, might ask to look at your Summary Care Record. This gives them the right information to care for you. Only people like a doctor or nurse who are treating you can see your summary care record.

3.  The Doctor can add extra information to your record with things like a history of your health problems, operations, or an illness you've had. It can include information about who supports you and what help or type of information you might need at appointments.

The extra information can help doctors and nurses, no matter where you are treated, look after you and help keep you well.

If you would like extra information adding to your summary care record about your health and what support you need let your Doctor know.

If you don't want your information on your Summary Care record you can ask your doctor to remove it.

<http://nhs.uk/summary-care-records/summary-care-records-what-is-it-and-how-to-use-it>

| Do you consent to sharing information                                       | Yes | No |
|---|-----|----|
| 1. Consent for electronic record sharing?                                   | ✓   | ✗  |
| 2. Consent for summary care record with additional information?             |     |    |
| 3. Consent to share data with another professional? (specified third party) |     |    |

Summary care records are a summary of a person’s medical records. They usually include basic information, for example details of any medication or allergies. More information can be added to a summary care record that would be useful for other health and care staff to know. You can ask for this information to be added to your child or young person’s summary care record. Information that might be added include:

- **diagnosis or health conditions**
- **any reasonable adjustments needed (quiet room, longer appointment)**
- **how your child or young person communicates.**

**Having this extra information readily available means that anyone who cares for your child or**

young person should know the important information about them before the appointment. More information about summary care records can be found on the NHS Digital website at [www.digital.nhs.uk/services/summary-care-records-scr](http://www.digital.nhs.uk/services/summary-care-records-scr).

## What are reasonable adjustments?

Reasonable adjustments are changes people must make so that someone with a disability can use or access something just as easily as anyone else.

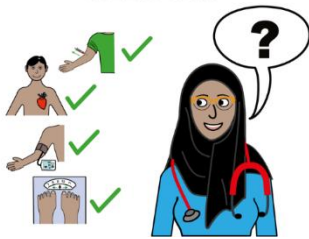
Some examples of a 'reasonable adjustment' might be:



- making sure there is wheelchair access
- having a 'quiet' waiting room
- providing easy read appointment letters
- letting the person bring someone with them
- giving priority appointments or first appointments
- longer appointments if more time is needed
- home visits if attending the surgery causes distress

## What to expect during the health check

### annual health check



- a general physical check which may include weight, heart rate, blood pressure and taking blood
- questions about things that people with a learning disability often have problems with, such as epilepsy, constipation, or problems with swallowing
- medication reviews
- checks for any existing health problems such as asthma or diabetes
- discuss any other health appointments
- discuss the support you are getting
- discuss moving from child services to adult services (transition planning)
- discuss how to stay healthy and offer general healthy living advice where appropriate
- discuss and agree the Health Action Plan.

**You might also be asked if you have a VIP**

**Hospital passport – [VIP-hospital-passport.pdf](http://VIP-hospital-passport.pdf)**

**[bdct.nhs.uk](http://bdct.nhs.uk). or [www.bdct.nhs.uk/wp-](http://www.bdct.nhs.uk/wp-content/uploads/2016/12/VIP-hospital-passport.pdf)**

**[content/uploads/2016/12/VIP-hospital-passport.pdf](http://www.bdct.nhs.uk/wp-content/uploads/2016/12/VIP-hospital-passport.pdf)**

**The link to the Hospital passport is above, you can print the passport off and use it if the person needs to go to hospital. It tells staff important information they need to know to support the person.**



## Flu Vaccine

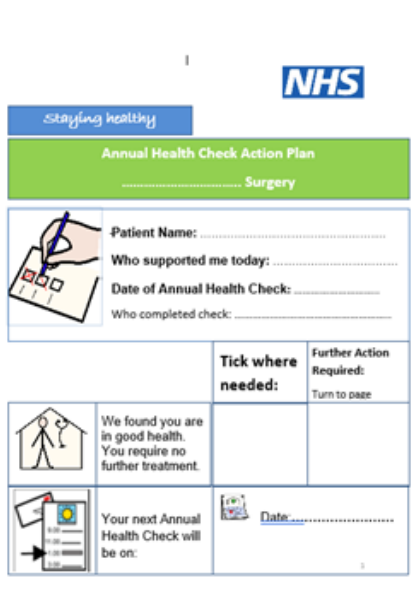


From October your child or young person may be offered the flu vaccine if they have not already had it at school.

**This is free.**



**If they are scared of needles, they may be able to have a nasal spray instead.**

## Health Action Plans



The form is titled 'Annual Health Check Action Plan' and includes the following sections:

- Header:** NHS logo, 'staying healthy' banner, and 'Annual Health Check Action Plan' title.
- Form Fields:**
  - Patient Name: .....
  - Who supported me today: .....
  - Date of Annual Health Check: .....
  - Who completed check: .....
- Table:**

|  | Tick where needed: | Further Action Required:<br>Turn to page |
|--|--------------------|--|
|  We found you are in good health. You require no further treatment. |                    |  |
|  Your next Annual Health Check will be on:                          |                    | Date: .....                              |

Health Action Plans (HAPs) are care plans that detail what is needed to keep your child or young person healthy. This should include actions by the GP and other health and care staff and can also include actions for you and your child or young person.


HAPs should as a minimum include goals for health and care staff involved in your child's care and your child's GP to work on together. This may be shared with other health clinicians so it can be used to support your young person elsewhere e.g. at their education, health and care plan.

### Example health action plans

You can find examples of Health Action Plan templates by searching for them on the following websites:

**Royal College of GPs:** [www.rcgp.org.uk](http://www.rcgp.org.uk)

**Easy Health:** [www.easyhealth.org.uk](http://www.easyhealth.org.uk)

|   |   |
|---|---|
|   | <p><b>Get Checked out:</b> <a href="http://www.learningdisabilityservice-leeds.nhs.uk/get-checked-out/resources/gps-and-practice-staff/annual-health-check/">www.learningdisabilityservice-leeds.nhs.uk/get-checked-out/resources/gps-and-practice-staff/annual-health-check/</a></p>   |
| <p><b>What to do if your GP does not offer annual health checks</b></p>   | <p>All GP surgeries across Bradford district offer annual health checks. If your child or young person has not had an annual health check:</p> <ul style="list-style-type: none"> <li>• <b>check that they are included on the learning disability register</b></li> <li>• <b>ask their GP if they will do an annual health check</b></li> <li>• <b>ask if you can go to a nearby surgery to have it done if your GP is unable to offer an annual health check as lots of GP practices are working together more closely.</b></li> </ul>  |
| <p><b>Your local Adult and Children’s Community Learning Disability Teams</b></p>  <p>community learning disability team</p> | <p>If you are unable to access an annual health check, contact your local Learning Disability Community Team for advice.</p> <p><b>If you live in the Bradford district, you can contact the team by email:</b><br/><a href="mailto:CTLD.FrontDoorTeam@bradford.gov.uk">CTLD.FrontDoorTeam@bradford.gov.uk</a></p> <p><b>or you can call the Waddiloves health team by dialling 01274 497121.</b></p> <p><b>If you live in North Yorkshire, you can contact North Yorkshire County Council.</b></p> <p><b>NYCC Health and Adult Services and Children and Young Peoples Services by dialling 01609 780780</b></p> |

## Further Information



**NHS website** information on annual health checks.  
Search 'learning disability' at [www.nhs.uk](http://www.nhs.uk)

**Mencap** resources and leaflets. Find them at  
[www.mencap.org.uk](http://www.mencap.org.uk)

**Disability Matters** online learning modules,  
including one on the Mental Capacity Act in their  
'Decision making and growing up' section  
[www.disabilitymatters.org.uk](http://www.disabilitymatters.org.uk)