

# Having a health check

- the rights of your relative



## **If your relative has a learning disability, and is known to social services, they have the right to a health check.**

The government has been paying doctors to do health checks for people with a learning disability, who are also known to social services. It pays doctors through a Directed Enhanced Service (DES).

You can ask the doctor who treats your relative with a learning disability if they are part of the DES, and if they can give your relative a health check. Even if your relative is not known to social services, you can still request a health check.

The law says that public services should make 'reasonable adjustments' so that people with disabilities can use them in the same way as others. We know that people with a learning disability often have unmet health needs that health checks can detect. So health checks are a reasonable adjustment GPs can make.

You can use this leaflet to help your relative get a health check. Just fill in the form and give it to the doctor who treats your relative.

## Request for a health check

I am the carer of \_\_\_\_\_ who has a learning disability. I would like them to have an annual health check.

Please make an appointment for a health check using the Cardiff Health Check (or similar).

I would expect the appointment with my relative to last for 30 to 60 minutes and the doctor to:

- check their weight and height
- talk about what food they eat and what exercise they take
- check if they smoke or drink
- check their blood pressure
- check their heart and how they breathe
- check their eyes and ears
- check any medicine they take
- check their urine
- check if they have had any other tests or may need any other tests (like a breast check)
- check any other illnesses or problems they have, like epilepsy
- take a blood test.

If you can't do the health check, please tell me which local practices are doing them so I can support my relative to register there. Thank you.

(To be completed by the carer of the person named above.)

My name: \_\_\_\_\_

My phone number: \_\_\_\_\_

My email address: \_\_\_\_\_

My address: \_\_\_\_\_

\_\_\_\_\_

