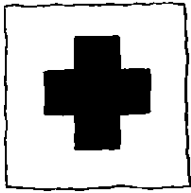


# Health Checks for People with a Learning Disability in Wales.



There are many illnesses or diseases that can harm people with a learning disability without them knowing it.

These illnesses can be treated if they are identified early enough.



If people with a learning disability are ill and don't know it, by seeing their doctor for a health check, they can make sure they are getting the right treatment at the right time.



From April 2006, the Welsh Assembly Government will pay doctors to give you a health check.



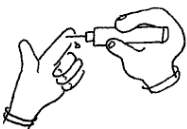
The government will pay for all people with a learning disability who are over 18 and who are known to social services to have a health check.

This is very important and people with a learning disability across Wales have been asking for this for a long time.

## What is a Health Check?



This is when a person with a learning disability asks to see their doctor to tell them they want a health check.



The doctor will carry out a number of tests. They may check your blood, heart rate, ask you for a sample of your water or check to see if you have a disease like diabetes (this is when you have too much or too little sugar in your blood).



The doctor may suggest that you are overweight and may need to lose a few pounds, or that you should do some more exercise to help you stay healthy.



The health check is here to make sure that you do not get ill or suffer with health problems in the coming year, which may be stopped if treated early enough.

## What should you do?

You, your parent or carer should telephone or visit your doctor to ask for a health check.



When you visit your doctor for your health check you should take along the letter from your social worker.

This letter tells the doctor that they can give you a free health check and that you have a right to have the health check.



Once the doctor has given you the test, he or she will be able to tell you if you are OK or what treatment you may need.

## What do I do if I don't understand the Health Check?

If you want to speak to somebody about this letter, you can contact your social worker or your key worker.



Or you can speak to someone at



**Mencap Cymru on 0808 808 1111**



**Learning Disability Wales on 029 20681160**



**All Wales People First on 01554 784905**



**All Wales Forum of Parents and Carers on 029 20811120**