**Learning disability annual health checks- information and resource pack for care providers, care and residential homes**

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9. **What are annual health checks for people with learning disability?**

People with a learning disability continue to have a much shorter life expectancy than the wider general public, with 6 out 10 dying before age 65, compared to 1 out of 10 for people from the general population. Those with epilepsy and from minority ethnic backgrounds more likely to die younger.

People with learning disabilities are more likely to suffer from health problems and are less likely to be able tell someone when they are feeling unwell.

The annual health check is a tool to find health problems early and help people to lead a healthy life. Even if a person goes to see a GP regularly the health check is a great opportunity to spend a bit more time on talking about health and wellbeing.

Here is a 4 minute video summarising all you need to know about annual health checks: [Introduction to Annual Health Checks for people with a Learning Disability for carers and families - YouTube](https://www.youtube.com/watch?v=adEs6zGfCPg&list=PLWIbAbHNcSAy0bczf7uq0GIUSj1iyUJ1U&index=2)

The NHS website has a lot of information about annual health checks : [Learning disabilities - Annual health checks - NHS (www.nhs.uk)](https://www.nhs.uk/conditions/learning-disabilities/annual-health-checks/)

This can also be shared with the person’s family.

**Everyone from the age of 14 years with a learning disability should have a health check every year.**

The annual health check is also a chance to get to know the GP team, so people are more relaxed when they come to the surgery at other times, and the practice team gets to know the person.

Everyone with a learning disability should be on the GP learning disability register so they get invited for a health check. If you are not sure if a person you support is on the learning disability register, please ask your GP surgery to check. Here is a link to a mencap easy read letter you can use asking for someone to be added to the learning disability register [GP Access needs letter Final.pdf (mencap.org.uk)](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.mencap.org.uk%2Fsites%2Fdefault%2Ffiles%2F2017-03%2FGP%2520Access%2520needs%2520letter%2520Final.pdf&data=05%7C01%7Cjuliane.matthies%40nhs.net%7Cef3878528f6446c6bd5c08dbb39c6305%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638301256470022051%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=13jLL9p5RKJ0fxjY34VH5G4VrdzlTE6cozd%2BzUu3l94%3D&reserved=0)

1. **Reasonable adjustments**

Patients with learning disability have a legal right to reasonable adjustments, this means small changes the GP surgery can make to remove barriers patients face when coming to the surgery.

This might be an appointment at a time that is best for the patient or longer appointments. Letters and information can be provided in easy read.

It is really important to tell the surgery what reasonable adjustment a person needs and to make sure this is documented. Please tell your surgery before the appointment!

1. **How to prepare for the annual health check**

Talk to the person you support about the annual health check and what to expect. Make sure you have written down any questions you would like to ask and take all paperwork with you that might be useful.

It is useful to bring all medication or a list of medication the person takes.

Don’t forget last years health action plan!

Think about who will support the person to the annual health check. This should be a person who knows them well. Let the person choose who supports them if they are able to. It might be a good idea for a family member to come as well.

Here are some good resources you can share with the person you support before the health check so they understand what to expect.

* A fun 4 min 30 video [Your Annual Health Check - what it is and why it is important. - YouTube](https://www.youtube.com/watch?v=dGITBtSSEGo) and another great video 10minutes long [Health Is Everybody's Responsibility - YouTube](https://www.youtube.com/watch?v=p4T9QrUchTU&t=2s)
* A 6min 30 video [Introduction to Annual Health Checks for people with a Learning Disability - YouTube](https://www.youtube.com/watch?v=033HqM8nACI&list=PLWIbAbHNcSAy0bczf7uq0GIUSj1iyUJ1U&index=1)
* Mencap has an easy read leaflet you can share with the person you support [Annual\_health\_checks\_Easy\_Read\_1.pdf (mencap.org.uk)](https://www.mencap.org.uk/sites/default/files/2016-06/Annual_health_checks_Easy_Read_1.pdf)
* Mencap website about the annual health check: [Don't Miss Out - Annual Health Checks Mencap](https://www.mencap.org.uk/advice-and-support/health/annual-health-checks)

Before the appointment go through a check list with the person you support. This helps to collect all relevant information the clinician needs and to focus on the most important issues. The GP surgery should send a checklist with the health check invitation.

Here are 2 different checklists you can use:

* [emis-preparation-checklist-for-ahc.docx (live.com)](https://view.officeapps.live.com/op/view.aspx?src=https%3A%2F%2Fremedy.bnssg.icb.nhs.uk%2Fmedia%2F4576%2Femis-preparation-checklist-for-ahc.docx&wdOrigin=BROWSELINK)
* [healthwatch-sg\_ld-annual-health-check\_checklist\_nov-2020\_compressed.pdf (icb.nhs.uk)](https://remedy.bnssg.icb.nhs.uk/media/4733/healthwatch-sg_ld-annual-health-check_checklist_nov-2020_compressed.pdf)

1. **What Happens at the annual health check?**

Surgeries organise the annual health check differently. This might include having one or more appointment and seeing a care coordinator, nurse, or GP.

This is what a health check should cover:

* Checking if the person or supporter has any questions or concerns about their health.
* Talk about common problems like constipation, swallowing difficulties.
* A full physical examination including checking the person’s heart, chest and tummy.
* Talking about any long-term illnesses like asthma or diabetes.
* Talking about on how to stay healthy.
* Talk about the national screening programs and how to support person to attend.
* Epilepsy review
* Talking about mental health and wellbeing
* Persons with certain genetic conditions like Down’s Syndrome need additional checks called Syndrome-specific checks.
* A medication review
* Check the person had all their vaccinations including the annual flu vaccine.
* For young people it is a chance to talk about and plan moving from child services to adult services at the age of 18.

1. **Health action plan**

This is an easy read plan created after the annual health check.

It says what was discussed at the annual health checks and who is responsible for any actions. It also sets out when any action should be completed.

It should also include some ideas how to stay healthy.

Here is a video for carers that can also be shared with the person with learning disabilities:

[Health Action Plans to support people with a learning disability - YouTube](https://www.youtube.com/watch?v=Tr--ihhcxg8&list=PLWIbAbHNcSAy0bczf7uq0GIUSj1iyUJ1U&index=3)

Here is an easy read leaflet explaining health action plans: [What is a health action plan?.pdf (mencap.org.uk)](https://www.mencap.org.uk/sites/default/files/2016-06/What%20is%20a%20health%20action%20plan%3F.pdf)

1. **Learning disability register**

The learning disability register is a record for patients known to have a learning disability at a GP surgery. To be on the register, a code must be put on the patient’s record, to say that they have a learning disability.

Everyone with a learning disability should be on their GP register so their surgery knows to offer:

* Reasonable adjustments to make it easier to access healthcare
* An annual learning disability health check
* A flu vaccination for them and their family and carers

Additional information added to their medical record, so that staff at the surgery know more about their needs and how best to support them.

Anyone of any age, and any level of disability can join the register, even if they live independently or have little or no support. If you are not sure if someone is on the learning disability register, contact your surgery and ask them to check.

Here is a link to a mencap easy read letter you can use asking for someone to be added to the learning disability register [GP Access needs letter Final.pdf (mencap.org.uk)](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.mencap.org.uk%2Fsites%2Fdefault%2Ffiles%2F2017-03%2FGP%2520Access%2520needs%2520letter%2520Final.pdf&data=05%7C01%7Cjuliane.matthies%40nhs.net%7Cef3878528f6446c6bd5c08dbb39c6305%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638301256470022051%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=13jLL9p5RKJ0fxjY34VH5G4VrdzlTE6cozd%2BzUu3l94%3D&reserved=0)

1. **Supporting people to lead healthy lives.**

**Oral and dental health for people with learning disability**

Good mouth and teeth care is very important for people’s general health and quality of life. We know that people with a learning disability have more gum disease, missing teeth and can find it difficult to access dental care. Poor oral health can cause pain, problems communicating and low self-esteem, problems chewing, swallowing, eating and enjoying food and it is associated with strokes, diabetes, heart and lung disease.

Smoking, drinking alcohol above the recommended limit and poor diet high in sugar is bad for general health and teeth.

Here is a 4 minute video for carers about dental health: [Oral Health for people with a learning disability - YouTube](https://www.youtube.com/watch?v=shfOzK0h_kE&list=PLWIbAbHNcSAy0bczf7uq0GIUSj1iyUJ1U&index=4)

Please help and support twice daily brushing with toothpaste.

Here are some resources that can help:

* Oral health for people with profound and multiple learning disability: [oral health leaflet 4 print.pdf (scot.nhs.uk)](http://www.widgetlibrary.knowledge.scot.nhs.uk/media/WidgetFiles/2202/oral%20health%20leaflet%204%20print.pdf)
* How carers can help with looking after eyes, ears and teeth [How social care staff can support people with learning disabilities to look after their eyes, teeth and ears (publishing.service.gov.uk)](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/656850/Social_care_staff_supporting__healthy__eyes_teeth__and-_ears_in_learning_disabilities_final.pdf)
* The oral foundation has a great website covering everything from prevention, advice, mouth problems to treatments and procedures: [A-Z oral health information | Oral Health Foundation (dentalhealth.org)](https://www.dentalhealth.org/Pages/Category/all-oral-health-information)

There is a special section called dental care for people with special needs: [Dental care for people with special needs - Oral Health Foundation (dentalhealth.org)](https://www.dentalhealth.org/dental-care-for-people-with-special-needs)

Everyone with a learning disability should be registered with a dentist and have a check-up every 6 months.

**Constipation**

People with a learning disability can be more at risk of constipation than the general population. There are still people with learning disability dying of constipation.

If the person shows any change in their behaviour think constipation!

These can be signs of constipation

* poo less often than normal
* poo is hard and difficult to pass
* Poo in underwear
* bleeding when trying to poo
* they have tummy pain or a bloated tummy
* Eating less than usual or feeling sick

Here is a great leaflet for carers: [POO Matters - Information for families and carers (england.nhs.uk)](https://www.england.nhs.uk/wp-content/uploads/2019/05/constipation-resources-families-carers-stage-31-web.pdf)

And one in easy read: [PowerPoint Presentation (england.nhs.uk)](https://www.england.nhs.uk/wp-content/uploads/2019/05/constipation-resources-easy-read.pdf)

Here is a fun 4 minute video to share: [Poobusters: constipation awareness video - YouTube](https://www.youtube.com/watch?v=R16WY6MLBBU)

This is an excellent 5 minute presentation set to music for care professionals: [https://nspf.co.uk/poo-matters/](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnspf.co.uk%2Fpoo-matters%2F&data=05%7C01%7Cjuliane.matthies%40nhs.net%7Cf2732b62b89a408df8fd08dbcf2071db%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638331510467106480%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=ryZz9Au7sWoYCdtkmYVQj3NgNoxkNHWgi5SFPzPv%2FrU%3D&reserved=0)

Are you using the Bristol stool chart to monitor the person you care for constipation? [Bristol Stool Chart (england.nhs.uk)](https://www.england.nhs.uk/wp-content/uploads/2023/07/Bristol-stool-chart-for-carers-print-version.pdf)

**Healthy eating and healthy weight**

We know that people with a learning disability have a greater risk of being overweight as well as underweight. It is really important to support people to have a healthy diet and weight. We also know that people with a learning disability have a less balanced and healthy diet. This can have a lot of reasons including the person’s preference, knowledge and skills to make healthy choices, access to healthy options, sensory issues with food and using food as a reward.

Little nudges to make healthy choices and small changes over time can have a big impact on someone’s health and wellbeing. Think about healthier swaps for preferred foods.

Do you know if the person you look after has a healthy weight? Check their BMI and monitor their weight regularly to ensure it stays in the healthy range.

Here is the NHS online BMI calculator; [BMI calculator | Check your BMI - NHS | Please fill in your details (www.nhs.uk)](https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/#:~:text=A%20BMI%20calculation%20in%20the,below%2018.5%20is%20underweight)

Here are some great resources to help people staying a healthy weight.

* NHS website has some general information: [Managing weight with a learning disability - NHS (www.nhs.uk)](https://www.nhs.uk/live-well/healthy-weight/managing-your-weight/managing-weight-with-a-learning-disability/)
* Mencap have a fantastic healthy eating booklet: [A Healthier Me Combined files.pdf (mencap.org.uk)](https://www.mencap.org.uk/sites/default/files/2021-08/A%20Healthier%20Me%20Combined%20files.pdf)
* Here is the healthy eating and living pack from Scottish commission for people with learning disability: [Healthy Eating Healthy Living Pack - SCLD](https://www.scld.org.uk/healthy-eating-healthy-living-pack/)
* Here are easy read resources on healthy food, healthy snacks, healthy meals including take aways and a weight loss guide in easy read [Healthy eating – Easy Read downloads | Belfast Health & Social Care Trust website (hscni.net)](https://belfasttrust.hscni.net/healthy-living/eating-well/healthy-eating-easy-read-downloads/)

**Exercise and activity**

Being active improves our wellbeing and physical and mental health. People with a learning disability are often less active. Exercise can help people develop new skills, socialise with others and be part of the community and fight boredom.

Everyone should be active for at least 150 minutes per week! Start step by step and maybe create an individual daily activity schedule.

Even people who rely on a wheelchair or have limited mobility can move more. Be creative – make everyday tasks fun, involving more movement at the same time. Include reaching, stretching, catching activities.

Some resources that you can use to support the person you look after to be more active, and you can join in!

* Easy read leaflet “ Let’s get active” [ELDSA easy read v1.pdf (mencap.org.uk)](https://www.mencap.org.uk/sites/default/files/2016-04/ELDSA%20easy%20read%20v1.pdf)
* Easy read “ Fitness activity pack” with information and activities [Learnind-Disability-Fitness-Activity-Pack-.pdf (northyorkshireccg.nhs.uk)](https://northyorkshireccg.nhs.uk/wp-content/uploads/2022/03/Learnind-Disability-Fitness-Activity-Pack-.pdf)
* Here is a 10 minute exercise video- every one can join in: [Get fit with Affinity Trust - fitness and exercise for people with learning disabilities - YouTube](https://www.youtube.com/watch?v=xXtBMJz0BvI)
* Active Norfolk has information and videos [Disability Exercises - Active At Home - Active Norfolk](https://www.activenorfolk.org/public/get-active/active-at-home/disability-exercises/)

**Recognising when the person you look after is unwell using the RESTORE tools**

RESTORE2 or RESTORE2mini are tools that helps carers to recognise physical deterioration and how to escalate this information.

These tools look at “soft signs” meaning small changes that signal that a person’s health is deteriorating.

It is particularly valuable for people with a learning disability who have difficulty communicating when they are feeling unwell or in pain.

Training is free.

Here is a good 5 minute introduction to soft signs of deterioration and sepsis.

[Soft signs of deterioration (youtube.com)](https://www.youtube.com/watch?v=CfIZRfFZj8c)

Learn more about training and how to use the tool:

[Training and resources for care providers including RESTORE2 - Health Innovation West of England (healthinnowest.net)](https://www.healthinnowest.net/our-work/transforming-services-and-systems/keeping-people-safe-during-and-after-covid-19/training-resources-for-care-homes/)

Here is a set of training videos

[Free videos: spotting the early warning signs of residents becoming unwell - Health Innovation West of England (healthinnowest.net)](https://www.healthinnowest.net/our-work/transforming-services-and-systems/keeping-people-safe-during-and-after-covid-19/training-resources-for-care-homes/free-videos-spotting-the-early-warning-signs-of-residents-becoming-unwell/)

This is a useful guide for staff to recognise pain in people they support:

<https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/656269/Social_care_staff_supporting_pain_management_in_learning_disabilities.pdf>

**Autism**

Autism, sometimes called Autistic Spectrum Disorder, is a lifelong neurodevelopmental condition. It affects how people experience the world around them and how they interact with others.

Some people with a learning disability will be autistic but not every autistic person has a learning disability.

Find out more on NHS website [What is autism? - NHS (www.nhs.uk)](https://www.nhs.uk/conditions/autism/what-is-autism/) or the autism.org.uk website: [What is autism](https://www.autism.org.uk/advice-and-guidance/what-is-autism)

Autistic people often experience problems communicating with others. They can struggle to understand the meaning of what people say and to interpret their body language, tone of voice and facial expression.

Autistic people tend to understand, and use language in a concrete or literal way, based on what they see, hear, feel, and experience in the here and now.

They might understand language very literally. *“I am coming in 2 minutes*” means they expect to see you in 2 minutes.

Be clear and predictable.

Autistic people might struggle with the concept of time. Avoid *“later”, soon”, “maybe”.*  It can be helpful to link activities and tasks to something the person can clearly relate to, like*” you can have a bath after dinner”*

They might be direct and concrete in their ‘*Your shoes are dirty*’ This is not meant to hurt your feelings or offend but something they noticed.

They might struggle to identify their own feelings or understand why they are feeling a particular way.

Rather than asking how someone is feeling, try asking what they have been doing (e.g. what did you do this morning?) You might then be able to help them work out how they are feeling!

Some autistic people can struggle to communicate their feelings and when they are distressed. This does not mean they do not have these feelings or are not distressed.

It can be difficult to realise when the person you look after is unwell or distressed. Know the person you look after and how they show they are unwell.

Autistic people might not be able to predict what happens next in social situations- this will impact on their ability to tolerate change or unfamiliar environments.

Routines help, doing the same thing the same time every day like meals and sleep.

Try creating a visual planner so the autistic person knows what will happen and when. This helps them to understand what is happening next and can reduce anxiety.

Some autistic people struggle to understand the concept of danger. They might need a plan to keep them safe.

People with autism might have strong interests in activities, objects or people.

Engage with them about this!

Autistic people often have differences in processing sensory information. This means that a person might be under or over-sensitive to one of the seven senses: taste, touch, hearing, sight, smell, balance and body awareness.

Some people do not like to be touched or struggle with certain noises or bright light.

Try and adjust to their needs and change the environment to suit their needs.

For some people this means they do not experience pain the same way or cannot express pain the way you would expect. Be sure to know how the person you look after expresses pain.

Some autistic people experience delayed processing. This means they respond slower to questions or stimulation. They need time to process the question and prepare their response. Interrupting this process by repeating the question means they need to start all over again as they experience the repeat question as a new question. Give people to process and respond and do not interrupt.

If a person you look after is different to normal think ‘SPACE’

**S**- sensory: Any triggers like sounds, smells, looks, how something feels?

**P**- Consider pain or other common health problems like constipation, reflux, urine tract infection, dental problems

**A**- Access to support or an object: I want my favourite object. I want someone to talk to me/ help me

**C**-Communication needs: I am hot/cold/hungry/anxious/upset

**E**- Escape: I want to avoid doing… I want to get out of here… Too noisy, crowded, upsetting, boring

**National Screening Programmes**

1 in 2 people will develop some form of cancer during their lifetime. Cancer screening is a test which can help to detect cancer in its early stages or before it develops. People with a learning disability are less likely to take part in national screening programmes, and this can lead to poorer health in the long term.

The NHS cancer screening programmes are free for all eligible people registered with a GP. People get an invitation letter, text message or phone call to attend a cancer screening. The screening might be at the GP Surgery, a hospital, an NHS mobile unit some and the bowel screening is done at home.

More information about screening, including consideration of mental capacity and best interest decision making, here: [Population screening: risk factors, signs and symptoms, more information - GOV.UK (www.gov.uk)](https://www.gov.uk/government/publications/nhs-population-screening-support-for-carers/population-screening-support-for-carers-screening-programmes-overview)

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| [Bowel Cancer Screening](https://www.nhs.uk/conditions/bowel-cancer-screening/)  People with learning disabilities have a higher risk of bowel cancer than the general population, so it’s important to do this test. Earlier detection means that bowel cancers can be treated better and prevented. | |
| Who? | Everyone over the age of 54  (will be reduced to 50 years old in 2024) |
| How Often? | Every 2 years |
| How? | The person will get a bowel cancer screening kit in the post with instructions on how to compete it.  The test is done at home: You collect a small sample of poo on a plastic stick, put it into the sample bottle and post it to a lab for testing.  Positive results indicate that there is blood in the person’s poo, and they will be referred for further investigations.  Support the person to do the test even if you think the person might not tolerate further investigations. You can have a discussion with the GP about next steps. |
| Easy Read | [Bowel cancer screening: easy guide - GOV.UK (www.gov.uk)](https://www.gov.uk/government/publications/bowel-cancer-screening-easy-guide)  [Free downloads — Beyond Words (booksbeyondwords.co.uk)](https://booksbeyondwords.co.uk/resources-dl) |
| Video | [Bowel screening instructional video for people with learning disabilities - YouTube](https://www.youtube.com/watch?v=QXV2noZLUFU) |

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| [Breast Cancer Screening](https://www.nhs.uk/conditions/breast-screening-mammogram/) | |
| Who? | Anyone registered with a GP as female aged 50 to 71. |
| How Often? | Every 3 years |
| How? | The person will get a letter inviting them to have a mammogram.  Will either be at a hospital (Southmead hospital or Tower Hill) or at a mobile unit.  If the person needs reasonable adjustments, ring the Avon Breast Care Centre to discuss the person’s needs on 0117 4147070.  Examples of reasonable adjustments: double appointment slot, a quieter time of day, minimise waiting time, a pre-visit to see the machine. You can let the radiographers know how best to communicate with the person.  If the person lacks capacity and you think they will be unable to cope with a mammogram, liaise with the person’s GP and talk to their family. You can also get help from the breast screening team, and the learning disability liaison team at the hospital. |
| Easy Read | Breast screening: easy guide - GOV.UK (www.gov.uk)  [Free downloads — Beyond Words (booksbeyondwords.co.uk)](https://booksbeyondwords.co.uk/resources-dl) |
| Video | [Do The Test GO FOR IT! Taking the fear out of Breast Screening - YouTube](https://www.youtube.com/watch?v=Y8wX0euRc8U) |

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| [Cervical Screening](https://www.nhs.uk/conditions/cervical-screening/) (smear test)  Earlier detection means that cervical cancers can be prevented and better treated. The main cause of cervical cancer is exposure to HPV (human papillomavirus). Cervical screening is the best way to protect against cervical cancer and prevents over 7 in 10 diagnoses. The HPV vaccine helps protect against all cancers caused by HPV, but people who are vaccinated will still need screening. People who have no sex still screening. | |
| Who? | Women and people with a cervix aged 25 to 64. |
| How Often? | People aged 25 to 49 receive invitations every 3 years.  People aged 50 to 64 receive invitations every 5 years. |
| How? | The person’s GP practice will invite them for a cervical screen.  If the person needs reasonable adjustments, ring the GP practice in advance.  Examples of reasonable adjustments: double appointment time, quieter time of day, minimising waiting times, having familiar support attend, having a familiarisation visit to meet the nurses and look at the procedure room/equipment, checking a hoist is available. Useful poster here: [Easy Read Tips for Gynae Health Appointments | The Eve Appeal](https://eveappeal.org.uk/news-awareness/top-tips-for-talking-gynae/easy-read-tips-for-gynae-health-appointments/)  If the person is very anxious about having a cervical screen, suggest having a discussion with their practice nurse or GP prior to the procedure. Show them accessible resources that might help.  If the person lacks capacity and you think they will be unable to cope with a cervical screen, speak to the person’s GP, their family and you can get help from the adult learning disability health service. |
| Easy Read | Cervical screening: an easy guide - GOV.UK (www.gov.uk)  [Free downloads — Beyond Words (booksbeyondwords.co.uk)](https://booksbeyondwords.co.uk/resources-dl) |
| Video | [The Smear Test Film | Jo's Cervical Cancer Trust (jostrust.org.uk)](https://www.jostrust.org.uk/video/smear-test-film) |

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| [AAA (abdominal aortic aneurysm) Screening](https://www.nhs.uk/conditions/abdominal-aortic-aneurysm-screening/)  A one-off test that checks for bulges or swelling in the aorta ( main blood vessel in the body). It can be serious if it's not spotted early on because it could get bigger and eventually burst (rupture). | |
| Who? | Offered to men during the year they turn 65. |
| How Often? | Once (unless there are abnormalities, in which case they may be invited for further tests) |
| How? | An invitation will be sent through the post for a AAA screen. This will either be at their GP practice, or at Southmead hospital.  The screen is an ultrasound scan of the person’s tummy. It is similar to the scan pregnant women have to check on their baby.  The person will need to lie down on a bed and keep still. It takes about 10 to 15 minutes.  If the person needs reasonable adjustments, ring the AAA screening programme in advance.  Examples of reasonable adjustments: double appointment time, quieter time of day, minimising waiting times, having familiar support attend, having a familiarisation visit to meet the screener and look at the procedure room/equipment, checking a hoist is available. |
| Easy Read | Abdominal aortic aneurysm screening: easy guide - GOV.UK (www.gov.uk) |
| Video | [AAA screening explained - YouTube](https://www.youtube.com/watch?v=vdHyWD539GQ) |

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| [Diabetic eye screening](https://www.nhs.uk/conditions/diabetic-eye-screening/) | |
| Who? | Everyone living with diabetes over the age of 12. |
| How Often? | Every 1 or 2 years |
| How? | The person will get a letter through the post inviting them for their eye test.  Pictures are taken of the back of the person’s eyes.  The eye screening test can find problems before they affect the person’s sight. |
| Easy Read | Diabetic eye screening: easy read guide - GOV.UK (www.gov.uk) |